

Dish  
of the  
Month

Pan fried red mullet on a  
potato and chicory cake



## Pan fried red mullet on a potato and chicory cake



### Ingredients

**Serves:** 1 person

- 1 red mullet fillet
- 1 medium to large size potato (jacket size)
- 10g chopped fresh dill
- 10g crème fraiche
- 1 head of chicory
- Juice of ½ a lemon
- 100ml cream
- 100ml fish stock
- 50ml white wine
- 10g butter
- 5ml olive oil
- Salt and pepper to season

#### For the potato cake:

- 1:** Peel and cut the potato into 2inch cubes and boil until soft.
- 2:** Drain the potatoes well and mash with the crème fraiche and fresh dill. Season with salt and pepper to taste.
- 3:** Wash the chicory and remove the root, separating the leaves. Blanche in boiling water for 1min and immediately refresh under cold water.
- 4:** Line a ring mould or ramekin with butter and place the blanched chicory inside. It should cover the base and overlap the edge of the mould
- 5:** Fill the mould with the mashed potato and fold the chicory leaves over the top, enclosing the potato cake.
- 6:** Place in a pre-heated oven for 10 minutes at 160C.
- 7:** When cooked, remove cake from mould.

#### For the sauce:

- 1:** Reduce the white wine in a saucepan by about half.
- 2:** Add the fish stock and cream.
- 3:** When the sauce thickens add the lemon juice. Season to taste.

#### For the mullet:

- 1:** Place the red mullet on a chopping board and score the skin diagonally in 3 places to a depth of approximately 3mm.
- 2:** In a frying pan heat the olive oil and butter together until it starts to foam, place the red mullet in the pan skin side down and cook for 2 – 3 mins. Season and then turn over carefully and cook on the other side for a further 2-3 mins.
- 3:** Remove the fish from the pan and allow to rest for 2 mins.

#### To finish:

- 1:** While the fish is resting, pour a little of the sauce on to the centre of the plate and place the potato and chicory cake on top.
- 2:** Now cut the red mullet in half diagonally and place on top of the potato cake.
- 3:** Add sauce according to taste and garnish with a sprig of fresh dill.



**Zest**  
Caterers