

MURANO

RESTAURANT

Fillet of sea bream with corn and young onions

(4 persons)

Aromatizovani file orade sa kukuruzom i mladim lukom

(4 osobe)

Ingredients for fillet	Sea bream fillet	600g
	White onion	2 pcs
	Ginger	20g
	Bay leaf	2 leaves
	Lime	(peel only)
	Butter	50g
	Salt	
Olive oil		
Ingredients for a side dish	Sweet corn	400g
	Celery - root	120g
	Garlic	20g
	Onion	60g
	White wine	20ml
	Miller	80g
	Parsley	20g
	Salt	
	Pepper	
Olive oil		
Fillet instructions	Dry the fillet and season with salt. Heat the olive oil in a pan and fry the fillet on the skin for 3 minutes, then flip it over and add the bay leaf, ginger, garlic and butter. Fry for 2 more minutes.	
Side dish instructions	In a hot pan, fry the garlic, onion and diced celery. Cook for a few minutes, then add the corn sugar and sauté for 3-4 minutes, seasoning it with salt and pepper. At the end, add the miller and finely chopped parsley.	
Serving	Serve the fried sea bream fillet and season with a squeeze of lime juice, then add the side dish and grilled young onions.	

Potrebni sastojci za file	File orade	600g
	Bijeli luk	2 čena
	Đumbir	20g
	Lovorov list	2 lista
	Limeta	(samo kora)
	Maslac	50g
	So	
Maslinovo ulje		
Potrebni sastojci za prilog	Kukuruz šećerac	400g
	Celer - korijen	120g
	Bijeli luk	20g
	Crni luk	60g
	Bijelo vino	20ml
	Mileram	80g
	Peršun	20g
	So	
	Biber	
Maslinovo ulje		
Priprema filea	File orade posušiti i začiniti solju. Na zagrijanom maslinovom ulju file propržiti na koži 3 minuta, zatim ga okrenuti i dodati lovorov list, đumbir, bijeli luk i maslac. Pržiti još 2 minuta.	
Priprema priloga	U zagrijanom tiganju propržiti bijeli luk, crni luk i celer sjeckan na kockice. Dinstati par minuta, zatim dodati kukuruz šećerac i sve zajedno sotirati 3-4 minuta, začiniti solju i biberom. Na samom kraju dodati mileram i sitno sjeckani peršun.	
Serviranje	Na tanjiru servirati isprženi file orade preko kojeg treba nacijediti par kapi limete, a zatim dodati prilog i grilovani mladi luk.	

