

MURANO

RESTAURANT

Sea bass fillet with baked rice and vegetables

(4 persons)

Ingredients

Sea bass fillet (<i>alternative seafood like fish, squid, prawns also works</i>)	600g
Basmati rice (<i>long grain rice</i>)	250g
Garlic	20g
Onion	150g
Carrot	100g
Tomato	150g
Celery	50g
Capers	10g
Tomato sauce	50g
Olives	50g
Parmesan	30g
White wine	30ml
Salt, pepper	

Preparation

Boil the rice in salted water for 7-8 minutes. In a heated pan, sauté the garlic, onion, carrot and celery. Add the white wine, tomato, tomato sauce, capers and olives. Cook everything together for a few minutes (add water if necessary). Add the cooked rice and gently combine with the sauce – note, the sauce must be watery, so the rice doesn't dry too much during baking.

Cut the sea bass fillet or your seafood of choice into smaller pieces and place in a baking dish, then cover with the sauce and rice. Cover the dish with aluminium foil and bake in the oven for 25 minutes at 200°C. After baking, remove the foil and sprinkle with grated Parmesan, then return to the oven for another 10-15 minutes at the same temperature.

To serve

Just add parsley leaves.

File brancina sa zapečenom rižom i povrćem

(4 osobe)

Potrebni sastojci

File brancina (<i>ili bilo koje druge ribe, lignje, gambori</i>)	600g
Basmati riža (<i>riža dugog zrna</i>)	250g
Bijeli luk	20g
Crni luk	150g
Šargarepa	100g
Paradajz	150g
Celer - stabljika	50g
Kapar	10g
Paradajz pelat	50g
Masline	50g
Parmezan	30g
Bijelo vino	30ml
So, biber	

Priprema

Kuvati rižu dugog zrna (*Basmati*) u ključaloj slanoj vodi 7-8 minuta. Na zagrijanom tiganju sotirati bijeli luk, crni luk, šargarepu i celer. Dodati bijelo vino, paradajz, pelat, kapar i masline. Sve zajedno ukuvati par minuta (*po potrebi dodavati vodu*). Dodati kuvanu rižu i lagano povezati sa sosom koji mora biti tečniji da se riža ne bi isušila tokom pečenja.

File brancina isjeći na manje komade i posložiti u odgovarajuću posudu, pa prekriti već pripremljenom rižom u sosu. Posudu prekriti aluminijskom folijom i peći 25 minuta na 200°C. Nakon pečenja ukloniti foliju i posuti rendanim parmezanom, pa nastaviti pečenje još 10-15 minuta na istoj temperaturi.

Serviranje

Servirati sa par listova peršuna.

