

Red Mullet

Cannelloni filling ingredients

0,075 kg	Butter
0,250 kg	Mushrooms
0,100 kg	Celery - (thinly chopped- brunoise)
0,100 kg	Carrot - (thinly chopped - brunoise)
0,100 kg	Broccoli puree
0,200 kg	Sour cream

Instructions

Melt the butter and then add the raw carrot. Please sauté for 10 minutes and then add the celery and mushrooms. Cook for another 5 minutes, then pour the sour cream and cook lightly until the mixture reduces by 50%. Leave to cool and then add the broccoli puree - which is made by boiling broccoli in water with a pinch of salt, rinse and then blend in a blender until it forms a puree. To finish, season with salt and pepper.

Cannelloni dough ingredients

0,5 kg	Flour
8 pcs	Egg Yolk
1 pcs	Eggs
0,04 l	Olive oil
0,05 l	Water
0,008 kg	Salt

Instructions

Add the flour, salt, egg yolk and eggs into a mixing bowl. Whisk together lightly until it forms dough. Add the olive oil and periodically (towards the end) pour small amounts of water.

Next, remove the dough from the mixing bowl and knead by hand. Once it forms a smooth dough, wrap it in the plastic foil and leave to rest in the fridge for a minimum of 2 hours. For best results, we recommend preparing the day before.

Green bean base ingredients

0,400 kg	Green bean
0,150 l	Sour cream

Instructions

Wash the green beans and then blanch shortly with 200 ml of water. Once done, blend in the blender until a silky structure is reached. Place back in the pot with a bit of water and the sour cream, add spices and boil it until done.

Red Mullet Instructions

Marinate the Red Mullet fillet in virgin olive oil and season with the salt and pepper. To cook, grill the fillet at a high temperature for maximum 4 minutes on each side.

Assemble the Cannelloni

Sprinkle some flour onto a cold surface and spread the cannelloni dough on top. Cut into dimensions of 10 x 15 cm. Fill with the chilled cannelloni mixture, roll it up and place on a flat surface covered with butter. Melt 100g of Parmesan cheese with 200g of sour cream. Once cooled, pour the Parmesan and sour cream mixture on top of the cannelloni. Bake it at 180 degrees for 15 minutes until the pasta starts to turn golden.

To finish

Warm up the green beans and place on the plate. Add the Red Mullet fillet and serving of the cannelloni. To decorate with the powder of the fried anchovies.
