

STUFFED FRIED MULLET

Delicious recipe based on fish, rich in taste and crunchiness, to try to replicate at home to amaze your guests with a real chef's touch.

Ingredients

- 4 ROCK MULLET, ABOUT 300 G EACH
- 300 G DESALTED SALT COD
- 2 EGG WHITES
- BREADCRUMBS (as required)
- EGG FOR COATING IN BREADCRUMBS (as required)
- OIL FOR FRYING (as required)
- 00 FLOUR (as required)
- 5 FRESH SPRING ONIONS
- 1 lt VEGETABLE STOCK
- 1 POTATO
- 200 G BURRATA STRACCIATELLA

Fillet the mullets, carefully removing the bones from the fillets using tweezers.

Prepare the filling by blending the cod fillet with the egg white and placing the cream obtained into a pastry bag.

Spread out the mullet fillets on the clingfilm, skin side down, spread a layer of codfish cream over the four fillets with the help of the bag, fold over the fillets and close with the clingfilm forming a cylinder.

Place the fish in the freezer for 4 hours.

Take the mullets out and prepare them for frying: dip them first in the flour, then in the beaten egg and then in the breadcrumbs, taking care to cover them evenly in the breadcrumbs. Fry the mullets in plenty of oil at a temperature of 175° C.

Prepare the sauce separately. Put a pot on the stove with the spring onion, the finely sliced potato and 1 liter of vegetable stock. When cooked, blend and season with salt. Serve using the spring onion sauce as a base, lay the fried mullet on top and add a tablespoon of stracciatella for the final touch.