



GRILLED RED MULLET WITH CHORIZO AND NEW POTATO SALAD

INGREDIENTS

Red mullet is a small crimson red to pink seawater fish, which is delicate in texture and flavour. The livers from red mullet are considered a delicacy. I use them at the restaurant where I blend them into a little butter and then whisk them into the sauce, which I serve with the fish. You can ask your fishmonger to remove the 8 or 9 fine pin bones from the centre of the fillet or if you want to, try removing them with a pair of fish tweezers. The chorizo and potato salad is delicious served with this fish. I can highly recommend buying chorizo from a small producer called Piper Field Pork near Berwick upon Tweed, it's all made by hand and tastes out of this world.

- 8 red mullet fillets, pin-bones removed
- 12 -16 peeled new potatoes cooked in salted water and sliced into 2cm discs
- 2 chorizo sausages sliced into 2cm discs
- 2 spring onions
- 2 tomatoes skinned, de-seeded and diced
- Handful of fresh coriander stalks removed
- 20 ml olive oil
- 10 ml good quality Balsamic Vinegar

Serves 4

METHOD

FOR THE CHORIZO AND POTATO SALAD

- Pour the olive oil in to a hot frying pan
- Add the chorizo to this and colour on both sides
- Remove the chorizo from the hot pan ensuring you retain the chorizo infused oil
- Sauté the potatoes in the chorizo oil until coloured on all sides
- Add the chorizo back into the pan along with the tomato, spring onion and coriander; adjust the seasoning

FOR THE RED MULLET

- Season the red mullet fillets with salt and place them skin side up on to a lightly oiled tray
- Drizzle the fillets with a little olive oil and cook them under a pre-heated grill for 4-5 minutes until the fish has just cooked through
- Squeeze a little lemon juice onto each piece of fish

TO SERVE

- Place the chorizo and potato salad in the centre of four warmed plates, ensuring you retain the chorizo oil
- Place two of the red mullet fillets on top of each salad
- Dress the plate with the chorizo oil and a few drops of good quality balsamic