



Baked Red Mullet  
*with*  
*Mushrooms & Lemon*

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Serves 4 | Preparation 10 mins | Cooking 25 mins

### Ingredients:

4 x 400g whole red mullet (scaled and gutted with heads removed if you prefer)  
70ml olive oil  
400ml strong fish stock  
50g dried ceps (porcini)  
120g diced onion  
3 garlic cloves (crushed)  
3g sugar (½ a teaspoon)  
15ml white wine vinegar  
2 lemons (grated zest only)  
15g chopped sage  
Seasoning

*"This dish is crying out for a side order of French bean and almond salad in a light dressing, with crisp warm bread to mop up the lovely sauce."*

### Method:

1. Preheat the oven to 200°C. Place the washed and dried mullet onto an oiled or non-stick baking sheet, brush with a little of the oil, and season.
2. Bring the stock to the boil and remove from the stove, drop in the dried mushrooms and leave to soak for 15-20 minutes.
3. Heat 25ml of oil in a saucepan and add the onions and crushed garlic, cook for 5 minutes without colour.
4. Strain the mushrooms through a fine sieve a couple of times, retaining the stock. Rinse the mushrooms to remove any grit.
5. Pour the stock onto the cooking onions and garlic and bring to a simmer, add the sugar and vinegar. Simmer until the stock is reduced by half.
6. Meanwhile, bake the fish for 15-20 minutes, spooning over any juices from time to time.
7. Add the mushrooms to the stock mixture and continue to simmer until you have a thick stew. Remove from the heat and add the lemon zest and sage.
8. Place the mullet on large plates and spoon on the mushroom stew.

# BE PART OF IT

*with Matt Dawson*

Nutritional analysis per portion:

Energy	Energy	Protein	Carbohydrate	of which sugars	Fat	Sat Fat	Salt
372Kcal	1557KJ	43.8g	4g	2.6g	20.2g	3.1g	2.1g

sodexo