

## **Grilled Red Mullet, Asparagus, Cherry Tomatoes with Vanilla Mash and Warm Tartar Vinaigrette.**

\*Serving size: 4 people

### **Ingredients**

- 4 Red Mullet (2 Fillets Per Person)
- 300g King Edward Potatoes
- 30ml Skimmed Milk
- 2x Vanilla Pod
- 1 Tbsp Unsalted Butter
- Ground White Pepper
- Bunch Asparagus
- Cherry Tomatoes
- Garlic
- Rapeseed Oil
- Watercress (garnish only - optional)

### **Warm Tartar Vinaigrette**

- 200ml Extra Virgin Olive Oil
- 4x Anchovy Fillets (Chopped)
- 20X Capers
- Pinch Castor Sugar
- Dijon Mustard
- 2 Tbsp White Wine Vinegar

### **Directions**

1. As you make mashed potatoes, when the potatoes are soft and fluffy, remove from heat and then use a sieve to drain the excess water out so all is dry. Leave to one side. Get a pan and bring to boil 30ml milk, and add Vanilla Seeds into the milk to allow the heat to infuse the vanilla flavour into the milk.
2. Mash the potatoes until all smooth and no lumps, then add the vanilla milk into the potatoes with the butter, mash it all together, add white pepper for taste.
3. Put Cherry tomatoes onto a baking tray with Garlic and Rapeseed Oil and bake for 20 minutes until just about to burst.
4. Fillet the Mullet and get a hot pan with a little Rapeseed oil into the pan, then pan fry them just for 1 minute on each side, until the skin becomes golden and crispy.

### **Warm Tartar Vinaigrette**

1. Heat the Virgin olive oil 'til warm - not hot or boiling or smoking. Should only need a quick moment on the heat. Chop the Anchovy fillets and add them into the oil with

whole capers, Dijon Mustard and White wine vinegar, and last add castor sugar to sweeten it up a little bit.

2. Put Asparagus into boiling water and boil for 1 minute only, then plate up with the Vanilla Mash in the middle of the plate and the fillet on top. Decorate the Asparagus and Tomatoes around the mash, finish off with a dressing of Warm Tartar Vinaigrette.