



STONEBASS FILLET

WITH MANGA VINAIGRETTE, SWEET POTATO PUREE WITH HERBS AND WATERCRESS AND CHERRY TOMATO SALAD

PREPARATION

First, you clean and cut the fish in fillets, and then you cook it in the oven with the olive oil, salt & pepper to your taste during 20 minutes at 180 °C.

To make the puree, you boiled the sweet potato, and you peeled off once is cooked, and then you smash it with warm milk and the herbs. To prepare the vinaigrette, you put in a pot for 15 minutes the water, vinegar, sugar and the manga cut in little pieces, stirring until it caramelizes.

On one side, you prepare a little salad with the watercress and the cherry tomatoes, dressed with olive oil, vinegar, salt and peppers to your taste.

For a crunchy touch, and as a decoration, you may fried some sweet potato strips to put on the fish.

Serve all on individual decorated plates.

INGREDIENTS

- Stonebass 3,8 Kg
- Manga 1,6 Kg.
- Sweet potato 2 Kg.
- Watercress 400 Gr.
- Cherry tomatoes 200 Gr.
- Salt & Pepper to your taste.
- Sugar 100 Gr.
- Vinegar 200 Ml.
- Water 100 Ml.
- Milk 100 Ml.
- Olive oil 20 Cl.
- Rosemary 10 Gr.
- Dill 10 Gr.
- Parsley 10 Gr.
- Thyme 10 Gr.