Baked Red Mullet with Taggiasche Olives and Tomato

Ingredients (serves 2)

- 2 red mullets, around 400g each, filleted and without head but with the tail on

-100g pitted Taggiasche olives

-15g capers – ideally from Pantelleria

-10g anchovies

- 1 clove of garlic

-50g breadcrumbs

-200g cherry tomatoes

-1 small bunch fresh basil

- 50g shallots

- salt & pepper

- 5 or 6 chive stems, blanched

- a sprinkle of micro organic sprouts

- extra virgin olive oil

Method

For the tapenade, in a food processor, blend together the olives, capers, anchovies and half of the garlic clove; squeeze the paste through muslin and get rid of the excess liquid. Add the breadcrumbs to the paste and mix together.

Next make the tomato sauce. Sautee the shallots, other half of the garlic and cherry tomatoes in a pan with some extra virgin olive oil, salt and pepper for about 20 minutes, add the basil then blend and pass through a sieve to obtain and smooth sauce.

Spread the tapenade between the two red mullet fillets, tie the fillets together with the blanched chive, cut the fish in half and bake for about 7-8 minutes at 200C.

Spread the tomato sauce on a plate, lay your cooked mullet on top and top with some basil leaves and micro organic sprouts.