



This is how 'Fried medregal lemon fish in black crust', by Chef Nelson, is made

FIRST STEPS

a) Ingredients (for 4 diners)

*800 gr of Medregal lemon fish in pieces
250 c.c. home made tomato sauce
2/3 potatoes, chopped up
200 c.c. extra virgin olive oil
300 gr bread crumbs
100 Ccc white wine
15 gr squid ink
50 gr rice noodles
2 egg whites*

b) Preparation of the crust

*Make a paste with the breadcrumbs, white wine and squid ink.
Spread onto paper.
Dehydrate and then grate.
Season the pieces of medregal fish, and put egg white over it.
Pour breadcrumbs over the Medregal fish with the black grated bread prepared earlier.*

c) Preparation of the potatoes

Pour olive oil onto the potatoes and place them on a very low heat for around 35 minutes.

c) Preparation of the tomato sauce

*The tomatoes must be perfectly ripe.
Stir-fry the onion, add the tomatoes, sautéed for a few minutes, then blend.*

PREPARATION OF THE DISH

Place the tomato sauce on a plate.

Put the fried rice noodles over the sauce.

Next, place the black crusty breaded medregal fish onto the dish.

Place the potatoes around the side with a touch of black truffle.