



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Mullet Mousse and Mussel Verrine

Ingredients

150g mullet (Grey) boned
1 tbsp lemon juice
1 head of broccoli
100ml double cream
Splash of white wine (rest for the chef!)
1 tbsp oil (Rapeseed)
1 tbsp diced white onion
250g fresh mussels
90g Parmesan cheese
Dill leaves for garnish



This recipe is from Franck Pontais who has developed the Verrine and Terrine genre to a new level.

Method

Clean the mussels, removing any beards etc.

Put the mullet with the lemon juice, cream and seasoning in a blender and process until a fine consistency.

Blanch the broccoli florets for 1 minute (keep them small) and cool in cold iced water. Place in the serving glass. Add the mullet mousse to each glass until a third full. Cook in a bain marie of 10 minutes at 200C/Gas mark 6.

In a saute pan or wok heat the oil and cook the onion with the white wine and add the mussels. Keeping the heat low slowly cook the mussels with a lid on the pan. Discard any that do not open. Remove most from the shell keeping a few in shell for decoration.

Top with shavings of Parmesan and the dill leaves, including the mussel in shell.

Can be served hot or cold but must be the same day.

Other information

Serves 4

Preparation time - 15 minutes

Cooking time – 10 minutes