BACON-WRAPPED ROAST FISH



Menù Ingredients

150 g Gransalsa di cuori di carciofo - Gransalsa sauce with artichoke hearts - C1107
50 g Fiokki - Fiokki Potato Flakes - PC0
to taste Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

to taste Salt and pepper
to taste Parsley
1 egg
8 slices smoked bacon
3 large John Dory fillets
50 g Parmigiano Reggiano cheese

Chef: Monica Copetti

Method

Serves 4
Mix the Gransalsa sauce of artichoke hearts processed under aseptic conditions in with the Fiokki instant mashed potatoes, parsley, salt, pepper and Parmigiano Reggiano cheese. Spread half of the mixture thus obtained on one of the John Dory fillets, cover it with the second fillet, add a second layer of filling and finish off with the third fillet. Wrap the fish with bacon and tie it up like a roast.

Tips

Place the roll on an oven tray, drizzle with extra virgin olive oil and cook at 190°C in a traditional oven for about 35 minutes, turning it from time to time.

LOW-TEMPERATURE COOKING TECHNIQUE

Temperature: 70°C
Time: 1 hour
Before serving, brown for 5 minutes in a fan oven at 180°C or a static oven at 190°C.

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