SCABBARDFISH ROLLS WITH MOZZARELLA AND “PRIMOFIORE” LEMON COULIS



Chef: Giovanni Pace

Menù Ingredients

10 g - for the condiments Olio extravergine di oliva - Extra Virgin Olive Oil - EKC
1 g Flower Mix Blu - 1254
30 g Coulis di Limone "Primofiore" - “Primofiore” Lemon Coulis - L10X
30 g - for the parsley oil Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5
5 g Maionese della casa - Homemade Mayonnaise - EPH
60 g Mini Red Pomodori "Pizzutello" pelati semisecchi in olio - Semi dried peeled "Pizzutello" tomatoes in oil - XN1X

Ingredients

140 g Scabbardfish, filleted
30 g Mozzarella
to taste Salt and pepper
to taste Xanthan gum
to taste Parsley

Method

Prepare the tomato coulis first. Drain the Mini Red tomatoes and blend them with a hand blender, adding the xanthan gum (0.3 g per 100 g of product), then place the mixture in a squeeze bottle. Salt the scabbardfish fish, season with extra virgin olive oil and place some mozzarella in the centre. Roll the fish and secure it with a toothpick. Bake on parchment paper at 180°C for ten minutes and leave to cool. Slice the roll in two and place in the centre of a dish, drizzled with some “Primofiore” lemon coulis. Garnish with drops of mayonnaise, drops of tomato coulis, petals from the Blue Flower Mix and some parsley oil*.

*In a saucepan, boil some salted water and soak the parsley; let it boil for a minute and immediately soak it in water and ice. Lightly squeeze the parsley and place it in a blender with an ice cube and two tablespoons of iced water, then blend finely. Using a hand blender, gradually add the extra virgin olive oil as if to make mayonnaise, taking care to incorporate air into the mixture. Sift with a strainer, using a cheesecloth or a napkin to retain all the fibre.

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