MEDITERRANEAN STYLE BASS NESTS



Menù Ingredients

120 g Dorati - TN1

270 g Hummus di ceci bio - Chickpea Hummus - ZC70B

60 g Capperini in olio extra vergine di oliva - Small Capers in Extra-virgin olive oil - XG7

60 g Olive Leccino denocciolate - Pitted Leccino Olives - Z91

Buon brodo (vegetale) - “Buon Brodo” Vegetable Stock - BC1

Olio extravergine di oliva - Extra Virgin Olive Oil - EKC

Ingredients

to taste Basil

to taste salt

to taste Black pepper

720 g bass fillet

Chef: Leonardo Pellacani

Method

For 6 persons

Fillet and debone the bass. Using a knife trim the fillets obtained and cut them in half lengthways, ensuring that they are left joined at one end. Place the fillets of fish on a tray lined with greaseproof paper to form nests, then dress them with a drop of extra virgin olive oil, pepper and salt. Bake at 180° for ten minutes. Warm the hummus on the stove and dilute it with vegetable or fish stock. Put the sauce on each plate. Place the bass nests on it and decorate with the olives, the Dorati tomatoes and the capers warmed in the pan. Complete with olive oil seasoned with basil and a sprinkling of pepper.

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