FISH ZARANDEA'O



INGREDIENTS

•30 g of sweet peppers blanched 3 times

- 60 g peeled ginger
- 15 g coriander
 - 1/2 I of water
 - 150 g toasted bread

-200 g canned chipotle chili (1 can, optional)

- 300 g mayonnaise
- 150 g mustard
- 100 g fresh coriander
- Salt and pepper to taste
- Lemon
- Fresh fish



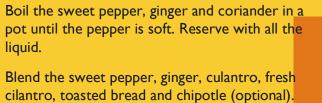


METHOD

- pot until the pepper is soft. Reserve with all the
- cilantro, toasted bread and chipotle (optional).
- Use the cooking liquid to thin the mixture if necessary.
- In a separate bowl, mix the mayonnaise and mustard, add the pepper base (optional) and finish with fresh lemon.

Sear the fish on both sides in a frying pan.

To finish, spread plenty of sauce on the fish, place it on a tray and finish cooking it in the oven at 240°C until the sauce is browned and the fish is cooked through. The fish is ready when it flakes easily when pressed with a



spatula.

Blanching: A brief method of cooking where food is placed in boiling water for a few seconds or minutes, depending on the type of food.

Searing: Browning a piece of meat at high temperatures and then cooking it further in the oven, for example. Searing the meat gives it a crispy crust.

