



Artisan Chef, Food Writer & Teacher

## MULLET MOUSSE AND MUSSEL VERRINE

Serves 4

Preparation time - 15 minutes

Cooking time – 10 minutes

### 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 or Extra Virgin Olive)  
1 tbsp diced white onion  
250g fresh mussels  
90g Parmesan cheese  
Dill leaves for garnish

### 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. Add the mullet mousse to each glass until a third full. Cook in a bain-marie of 10 minutes at 200C/Gas mark 6.

Blanch the broccoli florets for 1 minute (keep them small) and cool in cold iced water. Place in the serving glass.

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 shells keeping a few in the 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.

This recipe is from Franck Pontais. He has developed a fantastic range of dishes, terrines and verrines. Using great ingredients and presented in unique ways.