

North Sea red mullet fillets with an Indian spiced 'bhel puri' salsa, coconut and coriander yoghurt

Member of the tropical goatfish family this fish now is caught in seas all around Britain, right through the season, best between August and October. Will stand up to strong and rich flavours.

Alternative species:- Mackerel, sardines

Serves 4 as a starter

Cost per portion 2.25

8 small red mullet fillets,
scaled and pin boned

1/2 tsp coriander

1/2 tsp ground cumin

pinch cayenne pepper

1 tsp salt

50g plain flour

olive oil for cooking

Bhel puri salsa

2 tbsp red onion finely
chopped

1 tsp chopped green
chilli, seeds included

1 tsp gram masala

1 tomato, deseeded

and chopped finely

1 tbsp fresh coriander
leaves, chopped

30g cooked chickpeas

1 tsp taramind paste

2 tbsp cucumber, finely
chopped.

4 tbsp puffed rice or rice
crispiers

1 tsp mint sauce
salt and pepper

Coconut yoghurt

250ml plain yoghurt

50g desiccated
coconut

1 tbsp fresh coriander
leaves, chopped

squeeze of lemon juice

To make the bhel puri salsa, combine all the salsa ingredients except the puffed rice. Mix thoroughly and set aside.

To make the coconut and coriander yoghurt, in a bowl add the yoghurt, coconut and coriander and allow the coconut to rehydrate a little, approximately one hour. Add the lemon juice and combine.

To cook the fish, Mix together the ground coriander, ground cumin, cayenne, salt and flour until well combined. Dust each fillet both sides in the mixture, shaking off any excess.

Place a large non stick frying pan on the stove, over a medium heat, big enough to fit all the fillets of mullet in comfortably. Add a splash of olive oil. When the oil is hot add the fillets of mullet, skin side down and cook for 2 minutes. Don't be tempted to move or push them around in the pan, this will damage the wonderful red colour of the crispy skin.

Flip over the fillets and take off the heat. The fish will continue to cook with the residual heat from the pan.

To present your dish, Add the puffed rice to the salsa and fold through the mixture.

Place some salsa length ways along your plates, top with the red mullet fillets and garnish with the coconut and coriander yoghurt.