



TURBOT FILLETS WITH APPLE AND ESCAROLE

Categoria: Main Courses **Tempo di preparazione:** 35 minutes **Difficoltà:** medio 

Ingredienti per 4

- 500 g turbot
- 1.5 litres water
- 1 carrot
- 1 onion
- 1 celery stalk
- a few leaves of fresh basil and parsley
- 40 g of type 00 flour, or as needed
- extra virgin olive oil, as needed
- 2 cloves of garlic
- 3 apples
- 1 tablespoon of Calvados (or similar apple brandy)
- 2 heads of escarole
- salt, to taste
- pepper, to taste
- a few leaves of fresh mint, to garnish

This dish marries fish with fruit and a leafy green vegetable, ideal for those of you who enjoy experimenting with new tastes – you will not be disappointed!

Difficulty: **moderate**

Cost: **moderate**

Preparation time: **35 minutes**

Serves: **4**

Method

Clean the turbot and cut 4 fillets.

Prepare a fish fumet: put all the trimmings of the turbot into a saucepan with 1 1/2 litres of water, the whole carrot, the roughly chopped onion, the celery stick and a few leaves of basil and parsley and simmer for about an hour until the liquid has reduced by at least a third.

Flour the fillets in type 00 flour and sauté them in a frying pan with half a glass of extra virgin olive oil flavoured with two cloves of garlic, taking care to brown the fillets on both sides. Add 2 apples previously cut into slices half a centimetre thick. Sprinkle with the Calvados and flame. Add a glass of fish stock and cook for about 5 minutes.

Separately, cut the escarole into wedges and bake in the oven with a few thin slices of the remaining apple for 5 minutes at 180°C with a little extra virgin olive oil, salt and pepper.

Arrange a turbot fillet on each plate with the apples on top. Add the remaining fish stock and garnish with backed escarole and sliced apples. Enjoy!

