

View from the Fridge – Recipes from Brian Donkin

Recipe # 6 – Pan-fried Grey Mullet, King Scallops and Aubergine with Tarragon Sauce

Ingredients

1 large aubergine, sliced
Plain flour
3 grey mullet fillets
6 king scallops, halved
2 large knobs of butter
4 tablespoon of virgin olive oil

Sauce

3 spring onions
3 cloves of garlic
8 cherry tomatoes, quartered
1 tablespoon of fresh tarragon leaves, chopped
squeeze of lemon juice
½ glass dry white wine

Method

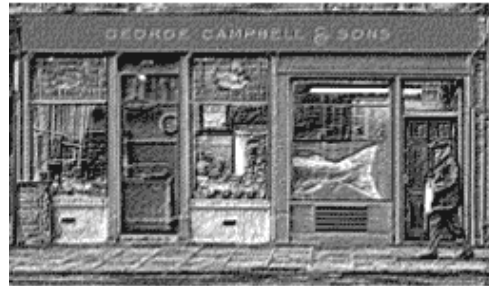
Roughly chop garlic and spring onions. Saute in one knob of butter until soft. Add tarragon and tomatoes and bring to the boil. Add wine and lemon juice and bring to the boil. The sauce is now ready. Dip aubergines in flour. Fry in hot pan, 30 seconds each side. Fry mullet fillets in hot pan for 90 seconds on each side. Fry scallops in hot pan for 30 seconds on each side. Arrange fillets and scallops on plate with aubergine. Spoon sauce over fish.

Serves three



All recipe seafood supplied by:

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