

Texturas **Metil**

Red mullet gaudí



For the Metil base

100 g water

3 g Metil

- 1 Heat the water to 90 °C and add Metil stirring constantly with a hand beater until completely dissolved.
- 2 Take off the heat and leave to rest in the fridge for 12 h.

For the red mullet Gaudí

- *2 medium sized red mullet*
- *Metil base (preparation above)*
- *Brunoise of courgette, young onion , tomato, green pepper, red pepper, shallot*
- *Salt*

- 1 Fillet the red mullet and with a brush apply a fine layer of Metil base to the backs.
- 2 Cover the fillets with the vegetable brunoise mix and correct the salt.
- 3 Press the vegetables lightly onto the backs so that they stick and sauté the red mullet on the side with the vegetables on a medium heat.