

MORENO CEDRONI

sweet and sour sauces

> giardiniera sauce



Weight: 3,5 - 10,2 - 17,6 oz

Ingredients:

Celery, carrot, onion, extravirgin oil, white wine vinegar, salt, sugar, gelling agent: guar gum.

COUPLINGS

Fried fishes, meat
and vegetables;
boiled meat,
fish and vegetables.

Fried just cooked sea-bass with giardiniera sauce

6 people servings

Obtain a fillet from a wild sea-bass of 300g weight, strain it onto semolina then you have to lower temperature. Prepare a large pan with a couple of inches of peanut's oil till it will reach 180° C, then fry the fillet from both sides, then cool it. The sea-bass inside would be really tender and almost raw thanks to these thermal shocks. At this point you could firstly cut fish into strips and afterward into cubes. Insert sea-bass' cubes in a spit 15cm long, alternating a piece of fish and a piece of cauliflower or carrot then sprinkle with giardiniera sauce.