

## Open sandwich of red mullet and aubergine caviar

### **Ingredients. Serves 6**

6 slices of country or cereal bread  
6 fillets of red mullet, boned  
5 aubergines,  
2 cloves of garlic  
3cl of olive oil  
50g of sundried tomatoes  
30g of pine nuts  
30g of rocket leaves  
Salt, pepper.

Preparation time: 30 minutes

Cooking time: 50 minutes

Resting time: 30 minutes

### **Accompanying wine:**

***Chablis 1<sup>er</sup> Cru, Montmains 2009, Domaine Vocoret et Fils***

#### ***Tasting notes:***

A magnificent wine of light golden colour, with a nose of remarkable aromatic expression: green apple and pear notes are enhanced by subtle citrus fragrances which will merge superbly with the aubergine caviar aromas, while the flavour of the mullet will be boosted by the minerality and elegant vigour of this Chablis Premier Cru.



### **Recipe**

Heat the oven to 180°C (gas mark 6).

Cut the aubergines in half, lengthways, and criss-cross the flesh with a knife. Peel and chop the garlic cloves. Insert the slices of garlic into the cuts in the aubergines. Sprinkle with olive oil, then season with salt and pepper. Place in the oven for 40 to 50 minutes at 180°C.

When cooked, remove the flesh using a spoon, then let it drain for 30 minutes in a sieve. Crush the flesh with a knife and check the seasoning.

Grill or toast the slices of bread.

Heat the oven to 200°C (gas mark 6/7).

Place the fillets of red mullet, seasoned with salt, in an ovenproof dish, skin side up. Cook for 200°C for 5 to 6 minutes.

Spread the slices of toast with the aubergine caviar. Place the sundried tomatoes on top, add a few pine nuts, then top with a fillet of red mullet. Decorate with the rocket and serve immediately.

### **Tips from the chef:**

You can also add some spices to the aubergine caviar: curry, cumin, cinnamon, etc.