

Red Mullet with Pasta

I've got a new favourite chef: Adam Byatt who runs the *Trinity* restaurant in Clapham. He has an excellent YouTube channel and seems like a truly pleasant chap. (If I were unfortunate enough to be the worst US president in history, I'd call him "a really great guy".) This is one of his. I just know it doesn't need testing.

Mr. Byatt uses Pernod, which I'm not keen on (too sweet for my taste) so I'd use Ricard/generic pastis, which Adam says is fine, too. For the pasta, Fusilli would be good to hold onto the sauce.

Planning

serves:	2
prep time:	10 mins
cooking time:	10 mins

Ingredients

~250g fillet of red mullet,
pinboned and diced -
skin on.
1 fennel bulb, diced
2 shallots, diced
1 red chilli, seeds
removed/diced
1 star anise
5g fennel seeds
2 strips of orange zest
100g fresh orange juice
100g pastis
250g fresh pasta
10g fresh parsley, finely cut.
Salt & pepper

Method

Fresh pasta takes 3 - 4 minutes to cook. Have your salted pasta water ready to receive the pasta before you finish the sauce.

Using a wide based sauté pan, starting over a high heat, add a good amount of olive oil and then add the diced fish. Roast for 2 to 3 minutes allowing the fish to break down. Add the fennel seeds and star anise. Season with salt and pepper. Add the saffron threads and allow to bleed for 1 minute before adding the orange zest, fennel, shallots and chilli. Keep the heat fairly high so it fries rather than boiling.

Deglaze the pan with orange juice and reduce by half. Add the Pastis and reduce by half then turn off the heat. The residual liquid will release the crusted bits on the pan base.

While the sauce is sitting, remove the orange peel and star anise, then boil the pasta.

Add the cooked pasta and some of the pasta cooking water to the sauce in the sauté pan. Finish with finely cut parsley.