

**Recipe of Fernando P. Arellano**  
**»Sopas Mallorquinas«**  
***Red mullet, saffron aioli, sobrassada***

**Red Mullet with sobrassada glaze**

2 fresh red mullets with scales, ready to cook; 100 g sobrassada de Mallorca, skin removed; 20 g water; 200 g honey; fish sauce; neutral vegetable oil, for deep-frying the fish scales; salt

**Babà Napoletano**

300 g Manitoba wheat flour (type 00, very strong); 24 g sugar; 6 g salt; 360 g fresh whole egg, whisked; 24 g fresh baker's yeast; 16 g butter; bouillabaisse glaze for dipping (see recipe section); cornflour for thickening

**Bouillabaisse Glaze for Babà Napoletano**

2 kg red mullet carcasses, roasted; 1 tbsp vegetable oil; 3 garlic cloves, chopped; 2 dried Spanish ñora pepper; root vegetables (200 g onions, 100 g carrots, 50 g celeriac, 50 g fennel); 1 tsp fennel seeds; 1 star anis; 1 tsp mild paprika; 100 g fresh tomatoes, diced; 1 tbsp tomato purée; 200 g dry white wine; 20 g Pernod; plenty of fish stock and light poultry stock in equal amounts; salt

**Saffron Aioli**

70 g garlic, blanched in water and frozen × 3; 1 g garlic, raw; 30 g whole milk; 40 g egg yolk; 4 g salt; 0.10 g saffron threads, briefly toasted; 640 g olive oil

**Palting**

Bread crackers (Pergamena di pane, 9 × 4 cm) and lardo slices, 4 of each; garlic oil; mixed spring vegetable variations; spring herbs as you like (e. g. redvein dock, dill, pea sprouts, beetroot sprouts); red mullet liver and tomato crème; deep-fried red mullet scales, dried; sliced chives; Espelette pepper

**Red Mullet with sobrassada glaze**

Fillet and trim the red mullets. Bring the sobrassada and the water to the boil, and cook until the fat is released completely. Pour the mixture through a sieve and stir in honey. Then add some fish sauce and bring to the boil again. Reduce to form a glaze. Before serving, cut the raw red mullet fillets into thick slices and arrange them with the skin side up to resemble roof tiles. Brush with sobrassada glaze and scorch well.

### **Babà Napoletano**

Combine the Manitoba wheat flour, sugar and salt.

First add 180 g cold whole egg and the yeast and slowly knead in. Add 90 g whole egg, increase the speed and knead well until the dough pulls away from the sides of the mixing bowl completely. Cover the dough with plastic wrap and leave to rise at 18–20 °C until it almost triples in volume. Then knead the cold butter in small pieces into the dough until it pulls away from the sides of the mixing bowl completely again. Cover and leave to rise until it almost triples in volume again. Add the remaining whole egg (90 g) and continue kneading until the dough pulls away from the sides of the bowl. Cut the dough in half, shape each half into a long roll and place each in a greased non-stick baking tin (35 × 10 × 10 cm). Fill only 1/3 of the baking tins with dough. Let the dough rise until it has just risen above the edge of the baking tin. Bake both breads for 7–8 minutes at 220 °C with 20 % steam, then remove them from the tins and bake for a further 3–4 minutes without steam. Cut the crusts off the bread and place the bread in the warm bouillabaisse glaze. Carefully squeeze with both hands and freeze. While still frozen, cut off slices 1 cm in thickness and cut them into rectangles (9 × 4 cm). Thicken the remaining bouillabaisse glaze with some cornflour.

### **Bouillabaisse Glaze for Babà Napoletano**

Fry the garlic in the vegetable oil until golden. Add the ñora peppers and fry. Add the finely chopped vegetables and sauté without browning. Add the spices, sprinkle over the paprika and add the fresh tomatoes. Fry briefly, then stir in the tomato purée and deglaze with the white wine and Pernod. Add the fish carcasses and pour in an equal amount of fish stock and poultry stock so everything is well covered. Simmer the stock for 25 minutes. Press the carcasses well, strain the stock and reduce by half. Season with salt.

### **Saffron Aioli**

Blend together all of the ingredients except the olive oil in a Thermomix well. Then drizzle in the olive oil and blend to make a creamy aioli.

### **Plating**

Brush the bread crackers with garlic oil and top each with 1 slice of lardo. Heat the babà slices brushed with bouillabaisse glaze and the bread crackers topped with lardo under a grill. Place 1 babà slice onto each of 4 plates, squeeze a little saffron aioli on top and cover each with 1 bread cracker. Arrange a colourful arrangement of spring vegetables and herbs on top. Squeeze some red mullet liver and tomato crème alongside. Place the scorched red mullet slices on top and sprinkle over deepfried fish scales, sliced chives and Espelette pepper. Garnish the dish with several dots of saffron aioli.