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From Vietnam to Germany

DanDo Seafood provides information... ... Things worth knowing about the fusilier fish

The goldband fusilier, also called red fusilier fish, belongs to the perch family and has fine, firm and aromatic flesh. It is found in the Indian Ocean and the West Pacific and is a fish which remains in its habitat, lives at medium depth in the environment of coral reefs and feeds on plankton. The fusilier is also used as bait for catching tuna and recently has become increasingly appreciated as a fish for food in its own right.

The fusilier fish is very similar to the red mullet but has a stronger taste. The skin of the fusilier, which can also be eaten, retains its appetising colour after preparation. Among the types of fish related to it, the red fusilier is particularly suitable for gastronomy, a versatile fish for food which is suitable for starters, as a main course or for buffets.

DanDo SeaFood fusilier fillets come solely from the wild.

In the DanDo range:

Fusilier fish fillet, 30-40 g fillets with 10 % glaze in a 1 kg bag

Freshly caught and prepared in an instant:

After defrosting dab dry, season with salt, pepper and a little lime juice and fry in olive oil to give the full flavour. Also suitable for grilling.

Recipe idea:

Fusilier fillet on saffron risotto with spinach mousseline

Heat up 8 cups of chicken soup. Braise 1/2 cup of chopped shallots for 7-8 minutes in 4 tablespoons of butter, sauté 3 cups of Italian short-grain rice in this for 1-3 minutes until glazed, pour on 2 cups of boiling soup and boil on a low heat while stirring occasionally until the liquid has been largely absorbed by the rice. Pour on another 2 cups of soup and repeat the whole process. In the meantime soak 1/2 teaspoon of saffron in 2 cups of soup, pour over the rice and boil until the rice is cooked. Carefully fold in 4 tablespoons of butter and 1/2 cup of grated Parmesan. Season the risotto with salt and pepper.

For the spinach sauce wash and clean 500 g of spinach and briefly blanch in boiling salt water, quench with salt water, squeeze out and chop coarsely. Sauté 2 tablespoons of cubed shallots and 1 tablespoon of chopped garlic in butter, season with salt and pepper, boil down with 100 ml of white wine. Add 80 ml of meat broth and 5 tablespoons of whipped cream and let everything boil down. Fold some more whipped cream in the sauce and add salt. Add spinach to the sauce and puree finely. Season with nutmeg.

Season the fusilier fillets with salt and pepper and add a little lemon juice, sauté on the skin side in butter oil and turn carefully. Serve on the risotto and pour on the spinach mousseline.

Garnish with some deep-fried parsley leaves.



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