



Catalan recipe for this wine:
Anchovies Catalan style

Fish bread with eggplant and sweet peppers

Serves 4 Cooking time: 30 to 20 minutes



We recommend with this dish:
Côtes du Roussillon Rosé

INGREDIENTS

- 400 g white fish fillets (hake, whiting)
- 1 small eggplant
- 1 kg big mussels
- 150g white soft cheese low-fat type
- 2 eggs
- 1 small tin tomato paste
- 2 shallots
- 1 tablespoons olive oil
- 1/2 teaspoon paprika powder
- salt, pepper

PREPARATION AND COOKING

1. Preheat oven to 180° C
2. Peel shallots and eggplant.
3. Cut eggplant in rounds.
4. Gently fry in a pan with olive oil (the water must slowly evaporate without burning the eggplant).
5. Press in a colander to retrieve the remaining water.

6. Mince eggplant, raw fish, eggs, white cheese, paprika powder, tomato paste, shallots, salt and papper in a mixer.

7. Pour in a non-stick mold.

8. Bake for 30 minutes. Check with a knife if the bread is done (should be almost dry).

9. Cool before taking out of the mold.

Tip: For a more fluffy texture, separate egg yolks and whites, mix the egg yolks with the dough. Wipe the whites to snow and gently add to the mixture.

You may also replace the raw fish with canned tuna if you have visitors by surprise.

"BON PROFIT, SALUT!"
-BON APPÉTIT AND CHEERS !

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