

## Fillet of stuffed ihi and its puree of Umara and crusty of Fei

(serves 4)

### *Ingredients:*

Fillet of Ihi (lagoon fish): 2, 400 kg

Culin caul: 0, 008 kg

Salt and pepper

#### ***For the stuffing:***

Mahi mahi: 0, 350 kg

Liquid cream: 0, 500 kg

Eggs: 2

Herbs puree: 0, 005 kg

#### ***For the puree:***

Umara: sweet potatoes: 1 kg

Eggs: 2

Salt pepper: 0, 050 kg

#### ***For the crusty of fei:***

Fei: 0, 150 kg

#### ***Sauce:***

butter and red wine

This sauce is composed of reduction of red wine, red port, and mixed with melted butter



### *Preparation:*

- Cook the Umara in a hot water and let it cool down and peel. In one bowl, mix all those ingredients: Cooked Umara, seasoning, eggs, salt pepper and you can add muscade nut. Keep refrigerated

- Scail the fish and cut it in nice fillet without bone.
- Make the stuffing with mahi mahi, liquid cream, eggs, salt and pepper, lemon juice. Stuffed the fish and wrapped individually on the culin caul. Keep cool.
- Peel the fei, cut them on fine slices and fried them on a oil of 150°.

***How to dress the plate:***

- With 2 big spoon design nice dumpling of Umara and pan fried them on light fire. Dispose them on the top of a plate.
- Pan fried the fish and put it on the same plate.
- Decoration with crunching chips of fei.
- Cover the plate with the melted butter and red wine

