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Fillets de Rouget à la Tapenade



A bright rosé from Provence is the way to go for this delicate dish. Photo: Evi Abeler

WINE SPECTATOR – FOOD

June 15, 2019

Recipe courtesy of Jacques & Lysielle Cariot,
owners of Bleu Provence in Naples, Fla.

First Choice Pairings:

Château De Pibarnon Bandol Rosé 2017 (91 points, \$35)
Domaines Ott Côtes de Provence Rosé Château de Selle 2017 (91 points, \$53)

Wine Suggestions

These recommendations were originally made in 2019 and the wines suggested may be unavailable or inappropriate in the future. Select more recent vintages to get a similar pairing effect.

Fillets de Rouget à la Tapenade

Ingredients:

Four 5- to 8-ounce rouget (red mullet) fillets, 1 1/4 to 2 pounds total
10 ounces potatoes
3 medium tomatoes
3/4 cup pitted black olives (divided use)
1/3 cup basil leaves
1 medium yellow onion
2 tablespoons white balsamic vinegar
4 teaspoons extra-virgin olive oil, plus more
Salt and pepper
1/2 cup black olive tapenade
Scant 1/2 cup heavy cream

Directions:

1. Peel and wash the potatoes, then place them in a saucepan. Cover with cold water, cover the pot and bring to a boil. When the water is boiling, add the coarse salt. Cook until just tender, about 15 minutes depending on the size of the potatoes. Set aside without draining.
2. Preheat the oven to 450° F. Peel and quarter the tomatoes, and remove and discard the seeds. Cut into small dice and set aside. Thinly slice the black olives, then finely chop the basil and onion. In a medium bowl, combine the tomatoes, 1/2 cup of the olives, basil and onion. Add the vinegar and olive oil, stirring to combine. Season the sauce vierge with salt and pepper and set aside.
3. Spread the fillets with the olive tapenade and transfer to the oven. Bake until a cake tester inserted into the thickest part of a fillet is warm to the touch, about 4 minutes.
4. While the fish is cooking, pour the heavy cream into a small saucepot and heat over medium-low heat until just heated through, taking care not to let it scald. Set aside. Drain the boiled potatoes and place in a large bowl. Add the hot cream. Crush the potatoes roughly with a whisk and add a drizzle of olive oil and the remaining 1/4 cup olives. Mix well and season to taste.
5. On each of 4 dinner plates, spread a quarter of the potato mixture. Place a fillet on top and spoon some sauce vierge over.

Serves: 4