



## Israeli Red Mullet with Orange Butter

Israel is well known for its tasty fruit. Citrus fruit, in particular, thrive in its warm, sunny climate. The best known is probably the orange, which is exported all over the world carrying a green label with yellow lettering "Jaffa". The Jaffa orange belongs to the shamouti species, which is particularly sweet and has only a few seeds. It was named after the ancient port town of Jaffa on the Mediterranean. Even old Hebrew documents mention that citrus fruit was grown in that area.

Jaffa is now a district of Tel Aviv, which was founded in 1909 and has since developed into a vibrant metropolis. In a reference to New York's nickname "The Big Apple", Tel Avivians ironically call their city "The Big Orange".

### For 6 servings:

6–8 tablespoons oil  
6 red mullet filets  
flour  
salt

### For the orange butter:

Juice and peel from 2 organic oranges  
1 ¼ stick (150 g) butter, melted  
1 clove of garlic, quartered  
4 tablespoons white wine  
1 dash cayenne pepper  
sugar  
salt  
orange zest for garnish

### Instructions:

Wash the oranges in hot water and peel them thinly. Blanch the peels in boiling water for 2 minutes.

Heat the orange juice and the other ingredients except the butter in a saucepan and reduce the liquid until about half has evaporated. Take the mixture off the heat and pass it through a small strainer into another saucepan. Now whisk in the liquid butter. Keep warm.

Heat the oil in a large frying pan. Slightly salt the fish filets, turn them in flour, shake off excess flour, and fry them for 2 minutes on each side.

Put some orange butter on the plates and place the fish on top. Garnish with orange zest (thin strips of orange peel). This is best when served with fresh crusty white bread.

