Roast Mullet Roe Recipe

Ingredients:

1 slice mullet roe

1 leek

1/2 apple

5 tablespoons cooking wine

Method:

Heat frying pan, add cooking wine and roast the mullet roe over low heat. Turn the mullet roe over during roasting and continue roasting until the wine is absorbed, then remove from heat. Rinse leek well, retain the white part for slices. Peel apple and cut into thin slices. Remove to the side of mullet roe and serve together.

Note: Taiwanese mullet roe is the best, purchase fresh mullet roe with shining smooth skin that is slightly transparent. Leek white is sweeter and crunchier while the greens are spicier. Apples, which can be skipped if desired, are used as a substitute for the popular radish slices. Select green apples or crunchier apples for their superior texture.

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