

DESI NARE



Chef

MARIA VALIANI

Behind her elegant style hides a young woman with great character and technique. Maria Valiani's talent is multifaceted: expert sommelier, food lover, and engaging teacher, she is equally passionate about wine and art, which she interchanges and includes—in an extremely organic way—in her lessons. Creative and selective in her choice of products, Maria combines simplicity and tradition with a curiosity for international flavors in each of her dishes.



RED MULLET, ZUCCHINI FLOWERS AND SPRING ONION

MAIN COURSE

NOW IT'S YOUR TURN. FOLLOW THE RECIPE, PHOTOGRAPH YOUR DISH AND SHARE IT ON INSTAGRAM WITH THE TAG @DESINARE

SCUOLA DI CUCINA & CORSI
COOKING SCHOOL & CULINARY ARTS

CATERING & BANQUETING
CATERING & BANQUETING

LOCATION PER EVENTI
LOCATIONS FOR EVENTS

ACCESSORI PER TAVOLA & CUCINA
TABLE ACCESSORIES & KITCHENWARE

VIA DEI SERRAGLI 234/R - 50124 FIRENZE [FI]
+39 055 22.11.18
info@desinare.it



www.desinare.it



[@desinare](https://www.instagram.com/desinare) #desinare



[@DesinareFirenze](https://www.facebook.com/DesinareFirenze)

DESI NARE

INGREDIENTS FOR 4 PEOPLE

12 red mullet fillets
12 courgette flowers
15 fresh spring onions
4 small courgettes
8 basil leaves
1cm of ginger
Extra virgin olive oil
Oil for frying
Half a glass of white wine
2 sprigs of rosemary
Salt and pepper

METHOD

Chop the spring onions in half and grill them in the oven at 180° for 10 minutes with a little salt, pepper, chopped rosemary and drizzle of olive oil.

Boil the courgettes in salted water for 4/5 minutes then run them under cold water, drain and blend with 4 spoons of olive oil, a small portion of the boiling water, basil and ginger. Season with salt.

Remove any remaining bones from the red mullet fillets and cook them in a pan with a little oil for 2 minutes. Simmer with white wine, add salt and pepper. Let it evaporate for a minute then take off heat.

Fry the flowers (cut in half and open) without batter in sunflower seed oil for one minute. Keep them warm.

Place 3 flowers (or halves of flowers if they are large) at the centre of each plate in a radial pattern, add the 3 fillets of fish, spring onions and garnish with courgette and ginger sauce.

SCUOLA DI CUCINA & CORSI
COOKING SCHOOL & CULINARY ARTS

CATERING & BANQUETING
CATERING & BANQUETING

LOCATION PER EVENTI
LOCATIONS FOR EVENTS

ACCESSORI PER TAVOLA & CUCINA
TABLE ACCESSORIES & KITCHENWARE

VIA DEI SERRAGLI 234/R - 50124 FIRENZE [FI]
+39 055 22.11.18
info@desinare.it



www.desinare.it



[@desinare](https://www.instagram.com/desinare) #desinare



[@DesinareFirenze](https://www.facebook.com/DesinareFirenze)