

MATTEO'S SKEWERS

Ingredients for 4 people

700 grams of angler or toad's tail

500 grams of swordfish

Parmesan cheese grated at the moment

1 egg

breadcrumbs

parsley

salt and pepper as you prefer

white wine

Preparation

Turn on the oven at 200 degrees. Wash and clean the toad's tails and cut them in small pieces suitable for the skewers.

Do the same thing with the swordfish.

Prepare the skewers alternating a piece of angler and a piece of swordfish.

Aside prepare the albumen well beaten. Then prepare the breadcrumbs, the grated Parmesan cheese, salt, pepper (plenty of it, better if it is cut fresh and a little thick), parsley, and rosemary.

Dip the skewers in the albumen and then pass them through the chopped to cover with breadcrumbs.

Grease a wide pan as enough, better if it is non-sticking, and lay the skewers well spaced.

Put the pan in the oven for about 15 minutes, brushing with the remained egg, chopped and a little bit of wine.

Turn the skewers frequently and pay attention or they will burn.

When they start to brown, turn on the windy grill till they are completely brown.

Serve them well warm.

Indications

It is very good for who suffer from hypercholesterolemia and hypertriglycerides.

Links together

Sprinkle them with a glass of white wine (for example a well cooled Roero Arneis)