SEA BREAM TARTAR
The beauty of a raw Sea Bream is in its silky mouthfeel and rich, sweet flavor. Delicate with only a hint of brininess, it need not be overwhelmed by more than a good olive oil, a little acid and fresh herbs. Feel free to use whatever herbs you have on hand. Makes a great addition to a salad, a light starter course, or as an appetizer on crackers or endive.

**INGREDIENTS**
- ½ small shallot, finely chopped
- 2 teaspoons finely grated lemon zest
- 2 tablespoons fresh lemon juice
- Kosher salt, freshly ground pepper
- 8 ounces Sea Bream fillets, cut into ¼-½ inch cubes
- 1 tablespoon finely chopped tarragon
- 1 tablespoons finely chopped chives
- 1 tablespoon Olive oil

**METHOD**
1. Toss shallot, lemon zest, and lemon juice in a small bowl to combine; season with salt and pepper. Let sit 5 minutes.
2. Toss bream, tarragon and chives in a medium bowl to combine. Add olive oil, season with salt and pepper, and gently mix to coat. Add shallot mixture and toss to combine.

**SERVING SUGGESTIONS**
- As a composed salad with arugula, cress or endive leaves
- With thinly sliced marinated radishes and fennel on crackers
- Pair with olives and pinenuts and lemon wedges for squeezing
- Atop the seaweed salad
PAN SEARED SEA BREAM

Everyone needs a foolproof crispy-skin-fish recipe in their repertoire. This recipe is quite simple once you get your basting technique down. Here we sear the skin then baste the fish in butter and herbs. Basting helps cook the fish evenly while keeping it moist and tender. As the fish cooks, the butter browns a little, taking on a nutty scent that pairs well with the sweetness of the Bream.

INGREDIENTS
- 2 skin-on Sea Bream fillets
- Kosher salt, to taste
- 2 ½ tablespoons unsalted butter
- 3 green garlic shoots or scallions, thinly sliced
- 3 tablespoons mixed finely chopped herbs such as chives, dill, tarragon, lemon thyme or mint
- Lemon for squeezing

METHOD
1. Pat fillets dry with paper towels; season the flesh side of fillets with salt. Heat oil in a large nonstick skillet over high until a wisp of smoke rises from the surface.

2. Place fillets in skillet, skin-side down, and reduce heat to medium. Cook until flesh is half-cooked and scales are crisp, 4-6 minutes. Turn fillets; add butter, green garlic and herbs to the pan and baste (spooning the butter up and over the fish in a gentle rhythmic motion) until opaque and flaky, 3 to 4 minutes. Remove from the pan and add a little fresh lemon over the fillet right before serving.

SERVING SUGGESTIONS
- With the warm smoked cream sauce
- With the ramp salsa verde
- With fresh lemon squeezers
GRILLED SEA BREAM

Although grilling fish can sometimes seem daunting, with a few simple tips it becomes an easy way to cook tender, juicy fish every time. We recommend heating your grill to high heat to prevent your fish from sticking to the grates. Keep your grates super clean, as well, so the fish lifts away cleanly. Always oil the fillets before cooking, and try to let the fish cook untouched until the skin releases easily from the grates. The pleasures of grilled fish lie in crisp skin with perfectly cooked, supple flesh underneath. Thinner fillets are ideal for grilling, as you won’t need to flip the sea bass during the cooking process.

INGREDIENTS
- 2 skin-on Sea Bream fillets
- Kosher salt, to taste

METHOD
1. A few hours prior to cooking, pat dry the skin side and leave uncovered in the refrigerator to further dry out the skin. 30 minutes before cooking bring the fish to room temperature. Season flesh side of the fish with salt.

2. Preheat your grill for medium-high heat. Right before placing the fish onto the grill, make sure to oil the grill grates. This can be achieved by using a large pair of tongs, folded paper towels, and a high smoke point oil. Dip the paper towel into oil and run across the grates at least three times to create a non-stick surface. This will help to keep the fish from sticking during the cooking process. Grill fish for 4-6 minutes cooking on the skin side only. Serve immediately.