

Sea bream crudo with clementine, crisp fennel, toasted hazelnuts and maquis herb oil

Recipe for 12



Description

Thin slices of raw sea bream seasoned with clementine, served with crisp fennel, citrus segments and toasted hazelnuts. An oil infused with thyme and rosemary adds an aromatic note reminiscent of the Corsican maquis.

Note

After rinsing off the dry brine, ideally let the fillets rest in the refrigerator for 5 to 10 minutes, well patted dry, before slicing. The surface will be drier and the flesh slightly firmer, resulting in much cleaner slices.

Season with the dressing just before serving to prevent the citrus from beginning to cure the fish.

Ingredients

Maquis herb oil

- 75 Ml Grape seed oil
- 2 Sprig(s) Thyme
- 1 Sprig(s) Rosemary

Garnishes

- 1 Unit(s) Fennel
- 2 Unit(s) Clementines
- 1 Unit(s) Pink grapefruit
- 60 Gr Hazelnuts

Clementine dressing

- 2 Unit(s) Clementines
- 30 Ml White wine vinegar
- 1 Pinch(es) White pepper
- 1 Pinch(es) Salt

Sea bream

- 600 Dash Royal sea bream
- 10 Gr Salt

Preparation

- Preparation time **30 mins**
- Preheat your **oven** at **350 F°**
- Resting time **30 mins**

Mise en place

- Remove the skin and bones from the sea bream, then keep the fillets well chilled in the refrigerator.
- Zest two clementines. Squeeze these 2 clementines to extract the juice.
- Toast the hazelnuts in the oven on a small baking sheet, taking care not to burn them.
- Pick the leaves from the thyme and rosemary.

Maquis herb oil

Combine the oil, thyme and rosemary in a small saucepan. Gently heat to approximately 60 to 70°C, without frying the herbs. Remove from the heat and infuse for 15 to 20 minutes. Strain the oil, then let it cool completely before using. It will be used for the vinaigrette and to finish the tapas.

Dry brine for the sea bream

Weigh the sea bream fillets and calculate 1.5% of their weight in salt. Distribute the salt evenly over all sides of the fillets. Refrigerate and let rest for 15 minutes.

Briefly rinse the fillets under cold water to remove the salt from the surface, then pat them thoroughly dry with paper towels. Refrigerate until ready to slice (allow an additional 15 minutes of resting time).

Garnishes

Using a mandoline, cut the fennel into a very fine julienne. Keep the julienned fennel in ice water while preparing the other components so it remains crisp.

Drain and thoroughly pat the fennel dry just before plating.

Segment the remaining 2 clementines and the grapefruit. Cut the segments into small, even pieces. Keep chilled.

Coarsely crush the toasted hazelnuts and set aside.

Clementine dressing

In a bowl, combine the clementine juice and zest with the white wine vinegar.

Gradually incorporate the infused oil while whisking vigorously. Whisk again just before plating to distribute the oil evenly. Add a pinch of salt, taste and adjust the seasoning as needed. Keep the vinaigrette chilled.

Sea bream and plating

At the last moment, use a sharp knife to cut the very cold sea bream into thin, even slices. Immediately divide the slices among the 12 tapas plates.

Lightly season the sea bream with the clementine vinaigrette. Add 3 pieces of clementine segment and 2 pieces of grapefruit segment. Add a pinch of fleur de sel on the fish, finish with the toasted

hazelnuts and arrange the fennel on top for height.
Serve immediately.

Bon appétit!