



LINE-CAUGHT SEA BASS FILLET STACK WITH LIGHTLY MARINATED VEGETABLES AND SCAMPI TAILS FLAVOURED WITH GARDA LEMONS

🕒 90 MIN / 🍴 MEDIUM

Descale the fish from the tail towards the head then remove the side fins. Rinse the sea bass in cold water, remove the side flaps with a knife then open it out from the stomach using scissors to create a cavity. Remove the innards and wash the fish again to clean the inside and remove any remaining entrails.

Ingredients for 4 people:

For the sea bass:

1.5 – 2 kg sea bass
150 g extra virgin olive oil
from Lake Garda

salt and pepper to taste
20 g dill
5 g chives
200 g white wine
10 g lemon thyme
30 g pasteurised shallots

For the vegetables:

50 g celery
50 g carrots
50 g onions
50 g leeks
50 g courgettes
50 g celeriac
2 g black peppercorn
2 g pink peppercorns
30 g shallots
salt and pepper to taste
200 g extra virgin olive oil
from Lake Garda

200 g cider vinegar
50 g granulated sugar

For the scampi:

1 kg whole scampi
salt and pepper to taste
100 g extra virgin olive oil
from Lake Garda

100 g lemons
50 g limes

To garnish:

4 lemon leaves

Remove the head and cut along the dorsal fin. This will enable you to open the fish out and remove the fillets. Repeat this operation for both sides of the fish.

Fill a fish kettle with 5 litres of water, the herbs, wine, peppercorns, shallots and salt.

Boil for about 20 minutes then plunge the fish into the fish kettle and bring the liquid back to the boil. Reduce the heat to low and cook for about 20 minutes.

Turn off the heat and leave the fish in the liquid for a further 10 minutes or so.

Wash and clean the vegetables then cut them lengthwise into strips about half a centimetre thick and 10 centimetres long.

Place the vegetables in a wide frying pan with a drizzle of oil and some vinegar and cook over a high heat until they are done (around 5 minutes). Season with salt and pepper. Wash the scampi, remove the heads and peel them carefully to keep them whole. Thread the scampi tails onto skewers – 2 per skewer - and cook them in the oven at 180° before adding lemon juice. To serve, showcase the colours and ingredients by placing the fillet of sea bass on the plate first, covered in the marinated vegetables, and finish with the scampi skewer and the lemon leaves to garnish.