



Filet of Mediterranean Sea Bream with Plum Tomatoes, Black Olives and Green Broad Beans on a Bed of Pesto Purée

Main Course, Serves 8

Garnish:

60 ml./1/4 cup "Eger" Israeli extra-virgin olive oil (or another crisp, peppery olive oil)
16 small peeled garlic cloves
4 medium ripe plum tomatoes, skin and seeds removed, flesh diced
400 g./1 lb. peeled and blanched young green broad beans
24 black Golan Heights olives (or Greek kalamata olives), pitted and halved
Sea salt and black pepper to taste

Pesto Purée:

15 g./1 cup fresh basil leaves
10 g./2 tbsp. toasted pine nuts
5 g./1 tbsp. grated Parmesan
120 ml./1/2 cup "Eger" Israeli extra-virgin olive oil (or another crisp, peppery olive oil)
1.2 kg./2 1/2 lbs. potatoes, peeled and quartered
1 bunch fresh cilantro, tied together with kitchen string
50 g./3 tbsp. unsalted butter, diced
Sea salt and black pepper to taste

Fillet of Sea Bream:

6 g./2 tbsp. chopped fresh cilantro leaves
6 g./2 tbsp. chopped fresh parsley leaves
6 g./2 tbsp. thyme leaves
3 g./1 tbsp. chopped rosemary
16 fillets of Mediterranean sea bream
5 g./2 tsp. sea salt
Black pepper to taste
60 ml./1/4 cup "Eger" Israeli extra-virgin olive oil

For the Garnish:

• Heat the oil in a large frying pan over medium-high heat. Add the garlic and simmer for 3 to 4 minutes; raise the heat to high, add the tomatoes, broad beans and olives and cook for another 3 to 4 minutes. Season with salt and pepper.

For the Pesto Purée:

• Combine the basil, pine nuts, Parmesan and olive oil in a food processor and pulse until it forms a smooth paste. Set aside.
• Cook the potatoes and cilantro in salted water until the potatoes are tender. Discard the cilantro. Drain the potatoes and return them to the pot; mash the potatoes, then add the butter and the basil purée. Use a whisk to whip the mixture until smooth. Season with salt and pepper to taste.

For the Fillet of Sea Bream:

• Mix the herbs together. Season the fish fillets with salt and pepper and crust the skinless side of the fillets with the herbs. Heat a large skillet over medium-high heat and add the olive oil. Add half the fillets and cook until slightly crispy on both sides (don't overcook the fillets); transfer to a plate and keep warm. Add the remaining fish to the pan and cook.

To Serve:

• Arrange the pesto purée in the center of each plate and top each with a fillet of sea bream skin-side down. Top the fillets with a little of the garnish. Place another fillet skin-side up and top with more garnish. Drizzle with olive oil.

Blue Lagoon

Beverage, Serves 1

Ice

1 1/3 oz./40 ml. vodka
2/3 oz./20 ml. blue curaçao
2/3 oz./20 ml. lemon juice
1 1/3 oz./40 ml. lemon-lime soda
Raspberries to garnish
Lemon twist to garnish

• Fill a cocktail shaker with ice. Add the vodka, curaçao and lemon juice and shake vigorously. Fill a highball glass with ice and strain the contents of the cocktail shaker into the glass. Top with lemon-lime soda; garnish with the raspberries and lemon twist.




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DAVID TEL AVIV

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