

Crispy Loup De Mer

Roasted Artichoke, Eggplant Caviar, Kalamata Olive Purée, Sun Dried Tomato Pesto & Balsamic Reduction

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Loup De Mer

Ingredients:

6 sea bass filets
6 potato scale
1 ounce black olives
1 ounce plum roma tomatoes
1 ounce sun dried tomatoes
1 lemon zest
¼ bread croutons
2 lemon segments
1 anchovy each
1 teaspoon garlic, chopped
Olive oil

Directions:

Season the filets with salt and pepper and then wrap them in potato scale with skewer in between. Fry the bass for seven minutes until crispy and then drain on a paper towel. For the nicoise pesto, dice black olives, roma tomatoes, sun dried tomatoes, lemon zest, bread croutons, olive oil and olives. Then garnish the plate with roasted artichokes cooked in olive oil.

Balsamic Syrup

Ingredients:

1 ounce sugar
4 cups balsamic vinegar

Directions:

Reduce balsamic vinegar with sugar until syrup is formed.

Eggplant Caviar

Ingredients:

2 eggplants
¼ cup plain yogurt
1 teaspoon lemon juice
2 ounces parsley, chopped
2 tablespoons olive oil
Salt to taste
White pepper to taste

Directions:

Roast the eggplant in the oven until tender. Then chop and add in the remaining ingredients.

Artichokes

Ingredients:

3 artichokes
½ quart white wine
½ bunch parsley chopped
1 cup mirepoix (onions, carrots and celery)
2 sprigs thyme

Directions:

Peel the artichokes and place in water with parsley until ready to cook. Then boil the artichokes in white wine, mirepoix, and thyme until tender.

Yield: 6 Servings

Recipe courtesy of Celebrity Cruises