



Recipe
suggestions

Barbecued sea bream (serves 2)

Ingredients

- > 2 headless, trimmed gilthead sea bream,
- > Rosemary branches
- > 170g lard
- > Olive oil
- > 2 cloves garlic
- > Fresh wild fennel
- > Salt and pepper to taste

Method

- > Pound and chop the lard with pepper, garlic and salt.
- > Deeply score the side of the fish and spread the lard mixture in the cavities, adding lots of fresh fennel leaves.
- > Close the fish and secure the sides of the fish together with two or three branches of rosemary.
- > Tie with thick string, liberally sprinkle with olive oil and grill slowly on the barbecue, turning frequently.

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