



Stuffed gilthead sea bream (serves 2)

Ingredients

- > 2 headless, trimmed gilthead sea bream
- > 1 lemon
- > 8-10 sprigs of rosemary
- > 1 small bunch of parsley
- > 1 onion, cut in wedges
- > 1 glass of wine (optional)
- > a drizzle of olive oil
- > salt and pepper

Method

- > Preheat the oven to 180°C.
- > Drizzle the olive oil in the bottom of a large roasting pan. Place half the rosemary on top of the olive oil and place the fish on it. Open the belly of the fish and stuff in the onion, the remaining rosemary and the parsley.
- > Cut the lemon in quarters and squeeze it over the fish. Leave the lemon pieces in the roasting pan with the fish.
- > Season with pepper and a sprinkle of salt. Add the wine.
- > Bake for 20-30 minutes.

To place an order or to check what we have in store today, please call **020 7221 6177** or email retail@jkmayfair.co.uk

James Knight of Mayfair
67 Notting Hill Gate, London W11 3JS
www.james-knight.com



By appointment to
Her Majesty Queen Elizabeth II
Fishmonger
James Knight of Mayfair



By appointment to
H. R. H. The Prince of Wales
Fishmonger
James Knight of Mayfair