

Sea Bream with Fennel and Olive Oil

By Eugene Staples

4 – 6 oz Fillets Sea Bream or Halibut
2 Whole Fennels
2 Tomatoes
2 Yukon Potatoes
1 Zucchini
1 Yellow Squash
1 zo Chopped Parsley
1 cup Extra Virgin Olive Oil
4 Lemon wedges

Peel and cut the potatoes into slices cover the potatoes with half the olive oil and bake in oven at 250 F until potatoes a tender.

Cut tomatoes in quarter and sprinkle olive oil in baking dish and bake in oven 6 minutes remove from over and set a side.

Cut off the outer layer of the fennels. Now cut into equal slice and season with salt and pepper and cover with the remanding olive oil and bake in over until tender.

Cut the zucchini and yellow squash into wedges, and blanch in salted water.

Season the fish with salt and pepper.

Remove from the oil the fennel and potatoes. Place in pan all the cooked vegetables and sprinkle with the olive oil from the potatoes and fennel.

Fry off the fish until cooked.

Warm up some of the olive oil and add the chopped parsley to the oil.

Divide the vegetables onto 4 plates. Place the cooked fish on top and spoon on some of the oil and parsley and lemon wedge.