



Seabream Tartare in Zucchini Spiral

(Serves 4 people)

Ingredients:

- 400 g Seabream filet
- Red onion (chopped)
- 2 pc Zucchini
- Mint
- Fennel leaves (or dill)
- Lemon balm (or basil)
- Chives
- 2 Tblsp Olive oil
- 1 tsp Chili oil (or few drops of tabasco)
- 1 tsp Balsamic vinegar
- 1 tsp Lemon juice
- Pinch of salt

(Optional for infusion):

- 20 g Ginger (sliced)
- Some fresh herbs
- 2 cloves Garlic (whole)



Preparation:

1. Cut the ends of the zucchini off, then into two halves lengthwise.
2. Take a peeler and peel the zucchini into thin slices like tagliatelle. Arrange them into a spiral using a metal ring mould about 8cm in diameter.
3. Cut the red onion into thin slices and put them around the spiral, then insert a couple sprigs of mint leaves randomly around that (doesn't have to be regular).
4. To make the infusion, put a bit of herbs (you can use any herbs you like), the garlic and ginger into a small pot of water, let it boil and steep for a few minutes.
5. Remove the skin of the seabream filet (or white fish), and cut or chop it into a tartare.
6. Heat 2 tablespoons of olive oil up in a sautee pan and sear the bottom side of the zucchini spiral in hot oil for a few minutes.
7. Season the tartare with the chopped herbs, red onion, a bit of chili oil, olive oil, lemon juice and a pinch of salt.
8. When the zucchini spiral starts to sizzle, add about 1.5 tablespoons of the herbal infusion. Cover and let it boil.
9. Put the tartare in a ring mould and place it on a plate.
10. Slowly remove the zucchini spiral from the pan, drain it on a paper towel, then put it on top of the tartare and remove the ring mould.
11. Garnish the tartare with some herbs of your choice (chive flowers, dill, etc.), and a drizzle of balsamic vinegar.

Bon Appetit!

See the video and cook with Thomas:

<https://youtu.be/U8B2yMQJ4Lk>