

TEAR OUT

EASY EATS THE ONLY FOUR RECIPES YOU'LL EVER NEED

Key dishes made simple

SEA BREAM

All recipes
serve 4



FRENCH

150ml olive oil; 300g cherry tomatoes, halved; 150g pitted black olives; juice of 1 lemon; 1 bunch basil, finely chopped; 2 sea bream

1 Gently warm oil in pan. Add tomatoes and olives and cook for about 3 minutes. Remove from heat, add lemon juice and basil and leave to infuse. **2** Make three slashes in each side of bream, drizzle with oil and roast (230C/Gas 8, about 20 minutes) or grill (about 5 minutes each side). **3** Pour over tomato and olive salsa. Serve.

ITALIAN

Juice and zest of 1 orange; 2 fennel bulbs, cored and very finely sliced; 100ml Pernod or white wine; 1 tbsp fennel seeds; 75ml olive oil; 2 tbsp capers; 2 tsp sugar; 2 sea bream, with 3 slashes in each side

1 Place all ingredients in roasting tin. Season well. **2** Cover with foil. Bake at 230C/Gas 8 for 20 minutes. **3** Remove foil and place tin under grill for 5 minutes more. Serve.



SPANISH

750g baby potatoes; 1 onion, sliced; olive oil; 2 garlic cloves; 1 large pinch saffron; 1 lemon, sliced; 1 large glass white wine; 2 sea bream, with 3 slashes in each side; 1 small handful chopped parsley

1 Cook potatoes in salted water until almost tender, about 10 minutes. Drain, cool and thickly slice. Fry onion in oil until soft and golden, about 15 minutes. **2** Place potato slices in roasting tin with onion, garlic, saffron and lemon slices. Drizzle with oil; mix. Pour over wine. Season. **3** Place fish on top. Drizzle with oil and roast at 230C/Gas 8 for 20 minutes. Scatter over parsley. Serve.

MOROCCAN

½ tsp cumin seeds, crushed; ½ tsp coriander seeds, crushed; 1 red chilli, finely chopped; 2 garlic cloves, crushed; 1 tsp grated ginger; 2 tbsp finely chopped coriander; juice of 1 lemon; 4 tbsp olive oil; 2 sea bream

1 Combine all ingredients except fish. Season well. **2** Make three slashes in both sides of fish. Rub over marinade and chill for 1 hour. **3** Place under hot grill and cook for about 5 minutes each side. Scatter with more coriander. Serve.

RECIPES Tony Turnbull PHOTOGRAPHS Romas Foord