

MAKE THIS RECIPE STEP-BY-STEP

INGREDIENTS YOU'LL NEED -

Prairie Street's kosher
Branzino fillet

Kosher salt

Black pepper

Lemon

Orange

Olive oil

Gremolata Sauce

1 Bunch of flat leaf
parsley finely chopped

1 Garlic clove thinly
sliced

1 tablespoon olive oil

1 Lemon zest

Finely chop the parsley,
mix in garlic and lemon
zest, and add a light
drizzle of olive oil

BLISTERED TOMATOES AND WATERCRESS SALAD

1 Bunch watercress

1 Mix the ingredients in a bowl and drizzle with olive oil, lemon, salt and pepper. See below "On the Grill" for cooked vegetables instructions.

2 On the Grill

3 Heat two cast iron pans on the grill. Next cut the top and bottom and remove the skin from the onion. Wrap in tin foil, drizzle with olive oil and place it over direct heat on the grill. Cut the top off the garlic, leave the skin, drizzle with olive oil, wrap in tin foil and place next to the onion.

4 Now pat dry the Branzino and salt and pepper it. Add olive oil to the cast iron pan and make sure it is hot. Place the fish skin down and press down with a spatula. This prevents the skin from curling and makes the skin evenly crispy.

5 Next add olive oil to the second pan. Let it get hot and add the tomatoes whole. Close the lid and let everything cook for 7 minutes.

6 Check the fish, the meat should be white and opaque. Let cook a few more minutes if necessary. The temperature should be 145f/63c. This is thin quick cooking fish. It should be firm and not translucent when fully cooked. Squeeze an orange and lemon on the fish. The steam will help release the fish from the pan. Plate the fish skin up and top with gremolata. For good measure give a squeeze of lemon.

7 Remove roasted onion, garlic and tomatoes from the grill. Add the roasted vegetables to the salad. The garlic should be squeezed onto the salad. Discard the skin and head of the garlic.

Bete'avon

1 Avocado

½ Cup of pomegranate seeds

1 Roasted yellow onion

1 Head of roasted garlic

6 Cherry tomatoes

1 tablespoon of olive oil

½ lemon juiced

Kosher salt

Black pepper