

COOKING WITH CHEF HENRIQUE



Marinated seabass with green pea purée and pickled grapes



PREPARATION

WINE PAIRING: 2019 Pormenor Reserva Branco

- Grape Pickle -

4 Tbsp white sugar
8 Tbsp white wine vinegar
Pinch of sea salt
8 Tbsp water
1 Tsp white peppercorns
1 bay leaf
1 whole garlic clove

1 sprig fresh thyme
2 cups seedless white grapes cut in half

Boil all ingredients together until sugar and salt have dissolved. Cover the grapes, let cool in the fridge. Can be made ahead of time and stored in the fridge for 2 to 3 days in a sealed container.

- Fish Brine -

2x 8 oz. seabass fillets
4 cups water
7 Tbsp fine salt

Mix salt and water together and cover the fish fillets for 30 mins. Leave in the fridge. Take fish from brine and dry with paper towels.

- Pea Purée -

2 shallots finely chopped
1 garlic clove finely sliced
4 Tbsp of olive oil
4 cups frozen peas
Water (as needed to cover the peas)
Salt to taste

Sweat shallots and garlic in heated olive oil in a deep pot for 5 min. Add peas and stir. Season and cover with water. Cook for 8-10 min on medium heat. Strain and blend in power blender to obtain a smooth puree. Adjust seasoning.

- Marinated Fish -

Brined fish cut in pieces
1/4 red onion finely sliced
Sea salt to taste
Juice of 1/2 lemon
Juice of 1/2 lime
2 Tbsp olive oil
1 Tbsp chopped cilantro
10 halved pickled grapes

In a bowl, season fish with salt and red onion slices. Let stand for 5min. Add lime and lemon juice and mix. Add olive oil, cilantro and pickled grapes and mix. Adjust seasoning.

PLATE: Add pea purée on the bottom. Top with marinated fish. Decorate with pea sprouts or cilantro leaves and finish with a drizzle of olive oil.