

SEA BREAM CARPACCIO

with artichokes and kaki

By Resto-Bar GEMA PENALVA



INGREDIENTS

4 people

For the carpaccio:

- 1 whole sea bream weighing about 800 g
- Ground black pepper
- Salt flakes
- 1 lime or lemon
- Coriander sprouts (if you can't find them, use your favourite herbs, you can even use different kinds of lettuce leaves)

For the confit artichokes:

- 2 artichokes
- 1 sprig of rosemary
- ½ lemon
- 1 garlic clove
- 300 ml extra virgin olive oil

For the pickled artichokes:

- 2 artichokes
- ½ lemon
- 25 ml apple vinegar
- 25 ml water
- 15 g salt

For the kaki faux mayonnaise:

- ½ kaki
- Juice of ½ lemon
- Salt
- Black pepper
- 10 ml olive oil

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Preparation for the carpaccio

This preparation is done 24 hours before eating the dish. Start by cleaning sea bream fillets, removing guts, bones and skin. Next, wrap each fillet in plastic cling film to form a cylinder, making sure you roll it up tightly before making a knot at both ends. Freeze for 24 hours.

After 24 hours, take the fillets out of the freezer and remove the plastic cling film. The most convenient method is to cut it with a slicing machine but as that's something you don't usually have at home, the alternative is to slice it as thinly as possible using a knife. It's best to let the fish thaw a little so the knife doesn't slip. Prepare four plates and place the thin slices of bream on the plates, arranging them so they overlap. Leave to chill in the fridge.



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Preparation for the artichokes

Confit. Prepare a bowl with water and half a lemon. Clean the artichokes, remove the hairy choke from the centre and cut into 6 or 8 slices.

In a saucepan place the olive oil, the sprig of rosemary, the unpeeled and crushed garlic and the drained artichokes. Cook at low heat without bringing to the boil, the temperature should not exceed 80°C. Test with a toothpick until they are al dente. Remove from heat and set aside.

Pickled. Clean them as you did for the confit artichokes.

Next, prepare the vinegar, salt and water in a bowl and set aside.

Blanch the artichokes. Bring a saucepan with water and a handful of salt to the boil and prepare a bowl with water and ice. When the water starts to boil, add the artichokes and when it boils again, remove them and place in the bowl with water and ice to stop the cooking process.

Once the artichokes have been blanched, add them to the bowl with the vinegar, salt and water and leave for 20 minutes.



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Preparation for the kaki faux mayonnaise

In a blender jug place the kaki persimmon, lemon juice, salt and pepper and then blend, gradually adding the extra virgin olive oil while blending continuously, just as you would do for a mayonnaise. If you have a squeeze sauce bottle I recommend you pour the finished mayonnaise into it.



PLATING UP

Take the plates with the sea bream in thin slices that you stored in the fridge and use a brush to paint the fish with the artichoke confit oil. Sprinkle grated lime or lemon zest over the top and season with salt and pepper. Use a tray lined with kitchen paper to drain the confit artichoke segments and place them on the plate. Repeat the same operation with the pickled artichoke, then dot some kaki persimmon faux mayonnaise on top and finish with the coriander sprouts.



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GLOSSARY

CONFIT. A cooking technique that consists of submerging food in a fat, at low temperature, so the non-fat-soluble juices remain inside the food. This makes it juicy and tender. It's a traditional method of cooking and preserving.

BLANCHING. Consists of placing raw food in boiling water for a few minutes, then stopping the cooking process with water and ice. It's used mainly to colour some vegetables, to leave them al dente, so they can be sautéed later without burning, or to clean them of blood so you don't get that dirty foam coming out in the next stage of the cooking process.

MAYONNAISE. A cold emulsified sauce made mainly from eggs and oil.

CARPACCIO. A preparation of raw meat, which has been thinly sliced or minced to a fine texture.

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BENEFITS AND CURIOUS FACTS

SEA BREAM

Sea bream is one of the most typical fish in Spanish cuisine and you can find it in almost all fishmongers. It has a wide, elongated body that's compressed on both sides. Most sea bream sold here comes from aquaculture.

- It provides few fats and many nutrients, making it ideal for diets designed to combat obesity.
- It's indicated for athletes, as it aids muscle recovery and development.
- Sea bream is high in calcium and phosphorus, both of which are essential for children's growth, helping to keep teeth and bones healthy.
- It's also rich in omega-3, perfect for reducing blood cholesterol levels.

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BENEFITS AND CURIOUS FACTS

ARTICHOKE

The artichoke comes from the flower buds of a thistle and to choose the best you have to look for those with tightly closed, compact leaves.

- This vegetable provides many minerals and vitamins, plus it's rich in calcium, iron, potassium, sodium, vitamin A, vitamin B12, and vitamin C, which helps slow the ageing process in cells and skin.*
- It contains a lot of fibre and protects against constipation and diarrhoea. It's low in calories and contains a lot of water, which is recommended for weight loss, as it promotes intestinal transit and helps eliminate fluid retention and toxins.*
- It's ideal for lowering blood glucose and relieves heartburn.*

As I'm sure you're now very keen to cook artichokes, here are some tips:

- To prevent them from blackening once cleaned, you can spray them with lemon juice. Alternatively, you can cook them with parsley, which releases its chlorophyll and leaves no flavour. They can also be soaked with vitamin C, this works for all vegetables and fruits.*
- To store them, just place the stem in water, just like a bunch of flowers, or in a plastic bag in the fridge.*

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KAKI

The kaki persimmon is a berry native to China and Japan, with a sweet flavour, orange colour and fleshy pulp. You can find kaki persimmon with a soft, ripe pulp or with a hard pulp, the latter are simply known as persimmon, and they're the most suitable for export.

- They both contain vitamin C, which helps keep skin healthy and bright as it produces collagen.*
- They are also high in potassium, which combats high blood pressure and fluid retention.*
- Their iron content helps reduce iron deficiency anaemia.*
- With one kaki persimmon a day you can cover your fruit needs, which according to the WHO, is 3 fruits a day.*
- They're beneficial for pregnant women, children and athletes for their healthy energy and their vitamin A, which maintains strong teeth and bones and is great for eyesight and hair.*