



SEA BASS

FENNEL | YOUNG CARROT | LA RATTE POTATO

Ingredients:

2 pieces of sea bass or red mullet
1 fennel
1 bunch of young carrots
vegetable oil
200 gr La Ratte potatoes or baby potatoes
250 ml EldurApi 40 Veggie broth or dashi broth
YAKINIKU Japanese Smoked Salt

Supplies:

Shichirin
Binchotan

Kamado set up:

direct heat

PREP TIME

Light a medium amount of Binchotan, fully open the sliders of the Shichirin and let it get to temperature well. When the Shichirin is up to temperature, place the standard grate.

PREPARATION

Start by bringing the potatoes to the boil with a generous amount of salt and water in a pan. Simmer until the potatoes are al dente. Drain the potatoes and keep aside.

Cut the fennel into slices about half a centimetre thick, rub the slices with a little vegetable oil and season with salt. Cut the carrots in half and also rub with oil and salt.

Separately, grill the fennel slices, carrots and potatoes over the Binchotan until they start to colour.

Grill the sea bass fillet over the hot Binchotan on the grill until the skin is nice and crispy, making sure the inside is also well cooked. Turn the fish over and let it rest for a while next to the fire.

Serve the vegetables, sea bass fillet and potatoes and add hot vegetable stock or dashi broth.