



Tasty Recipes

All recipes are very simple and easy. You just need a frying pan and it takes about 10 min. Cut the fish (or buy pre-cut slices), season with salt and pepper, and dust with flour. Then they are almost half done! They are that simple! Two different fish with 4 different recipes each, totaling of 8 variations of tastes. You can, of course, use different fish according to the season. Explore the possibility of your fish repertoires.

Red Seabream



Sautéed Herb & Lemon Red Seabream (Can be substituted with yellowtail)

●Ingredients (2 Servings)

- Red seabream(or yellowtail).....2 slices
- Salt and pepper.....Pinch
- Flour.....1 TBS
- Olive oil.....2 TBS
- White wine.....1 TBS
- Butter.....1 TBS
- Lemon juice.....1/2 lemon
- Thyme and rosemary.....Appropriate amount

[Instructions]

- ① Sprinkle salt and pepper on slices of Red seabream or yellowtail, pat them with a paper towel to absorb the water, and lightly dust the slices in flour.
 - ② Heat a frying pan with olive oil, and toss in the thyme and rosemary. Once a fragrant smell comes from the herbs, take the herbs out. (Save the herbs for garnish.)
 - ③ Place the fish slices on the frying pan and when the slices become golden, sprinkle white wine, put a lid, and steam for 1 to 2 min.
 - ④ Place the fish slices on a plate, mix the butter and lemon juice in the frying pan and make sauce, pour the sauce on the slices, and place the herbs as garnish.
- ※ Fresh thyme and rosemary are preferable, but they can be substituted with powder forms or a ready-made herb salt.

Sautéed Red Seabream (or Yellowtail) with Bagna Càuda Sauce

●Ingredients (2 Servings)

- Red seabream(or yellowtail).....2 slices
- Salt and pepper.....Pinch
- Flour.....1 TBS
- 'Salad' Oil.....Appropriate amount
- Anchovy (minced).....3 filets
- Garlic (ground).....1/2 pieces
- A Fresh cream.....100cc
- Olive oil.....2 TBS
- Salt.....Pinch



[Instructions]

- ① Sprinkle salt and pepper on slices of Red seabream or yellowtail, pat them with a paper towel to absorb the water, and lightly dust the slices in flour.
 - ② Put 'Salad' oil in a frying pan until heated, fry the both sides of the fish slices and take the slices out. Put A in the frying pan, boil it to make Bagna Càuda sauce. Place the fish slices back to the frying pan and mix them with the sauce.
 - ③ Place the fish slices and the source in a plate, add your favorite vegetables, and garnish with herbs.
- ※ Try various colors of vegetables on the side so that the plate becomes full of colors, which increases appetite. Put the sauce on the vegetables too.

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