

Tartare of sea bream

Serving: 4 persons

Preparation: 45 minutes

Ingredients

1 sea bream, 800 g

1/4 of a cauliflower, 3 lemons

1 litre of syrup

1 litre of water

250 g of sugar

garden herbs (nasturtium, coriander, fennel flowers ...)

100 g of mixed seeds (hazelnut, sunflower seeds, sesame seeds and flax seeds)

olive oil

salt, pepper

1 piece of kaffir lime, 1 lime

1 finger lime

Preparation

Cut the sea bream into a tartare and season with olive oil, salt, pepper and citrus zest [lime] and add the finger lime.

Collect the pith from the lemons. Blanch 3 times and add to a light syrup then mix.

Cut the cauliflower into semolina, season with olive oil, lemon juice, salt and pepper.

Dress and decorate with the garden herbs and the mixed seeds.