

# Mediterranean Daurade grillé

## Summer Ratatouille Charred Lemon

SERVES 4

### INGREDIENTS

**2 EA** WHOLE MEDITERRANEAN DAURADE,  
AKA SEA BREAM, SCALED AND GUTTED,  
FINS REMOVED

MALDON SALT AS NEEDED

FRESH CRACK BLACK PEPPER AS NEEDED

**2 EA** LEMONS CUT IN HALF

**1 LARGE** EGGPLANT CUT INTO 1/2 INCH CUBES

**8 TBSP** EXTRA VIRGIN OLIVE OIL

**1** MEDIUM SIZE ZUCCHINI CUT INTO  
1/2 INCH CUBES

**1** MEDIUM YELLOW SQUASH CUT INTO 1/2  
INCH CUBES

**2** SHALLOTS MINCED

**2** RED BELL PEPPERS 1/2 INCH CUBES

**6** GARLIC CLOVES CHOPPED

**1** LARGE HEIRLOOM TOMATO 1/2 INCH  
DICED

**1/4 CUP** TOMATO PASTE

**1 BUNCH** THYME SPRIGS

**1 BUNCH** FLAT LEAF PARSLEY, CHOPPED

**1/2 TSP** ESPELETTE PEPPER



### DIRECTIONS

1. For the summer ratatouille: heat a large, enameled cast iron Dutch oven over medium high heat , Add 2 Tbsp extra virgin olive oil and eggplant. Cook until starting to brown and soft. Once cooked remove from the pan and set aside. Repeat the same process with the zucchini and yellow squash. Once cooked remove from pan. Add the remaining olive oil and reduce heat to medium low and add shallots and red peppers, cook until soft. Add in garlic and cook until aromatic. Next add in tomato paste and cook for 3 minutes. Add in tomatoes and all of the previously cooked vegetables, add in thyme, espelette pepper and bay leaf. Season with salt and pepper. Stir everything together and reduce heat to low. Cover Dutch oven and Simmer together for 10 minutes until all vegetables are soft. After ten minutes turn off the heat and fold in chopped parsley. Adjust salt and pepper to taste. Keep warm until service.
2. For the Daurade: pre heat the grill on high. Using a paper towel make sure skin is dry or it will stick to grill. Drizzle fish with about 1 tablespoon extra-virgin olive oil. Season with maldon salt and fresh cracked black pepper all over the whole fish and inside the cavity.
3. Grill on high heat for 5-6 minutes each side. Being careful not to destroy the skin while flipping. Use a fish basket to help this process. Remove fish from the grill and rest. While the fish is resting place the cut side of the lemon down onto the hot grill cook about 3 minutes until charred. Remove and save until serving.
4. To serve: place warm ratatouille on a large platter. Add grilled daurade right on top, squeeze charred lemon juice and drizzle remaining extra virgin olive oil right over fish and serve.

### WINE CLUB PAIRING YOU CAN ALSO PAIR WITH

TROUSSEAU, DOMAINE SYLVAIN FAUDOT, 'TOUR CANOZ', ARBOIS, JURA, FR 2019

- VICTOR & CHARLES, LE ROSE, CHAMPAGNE ROSE NV
- CHARDONNAY, DOMAINE BORGEOT, LE CHAPONNIERE, RULLY, BURGUNDY 2021
- CHENIN BLANC, VOUVRAY DEMI-SEC, LOIRE VALLEY, FR