

2 whole fish (bass or halibut, preferably)

Olive oil for sautéing

2 oz lemon juice

4-6 oz white wine

4 sprigs of tarragon

2 oz chopped olives

1 shallot, minced

1 Tbsp garlic

2 tsp salt

2 tsp pepper

3 Tbs butter

GARNISH (optional)

1 cup Shaved fennel and red onion

Lemon slices

Marinated artichokes

Toss fennel and red onion with olive oil, lemon juice, parsley, salt and pepper. In a separate bowl toss artichokes with the

same ingredients.

Season fish with salt and pepper. Heat oil in pan, seared fish about 2-3 minutes on each side. Turn heat down and let fish cook the rest of the way(4-5 mins). In a separate pan saute garlic, shallots, and tarragon. Add lemon juice and wine. Cook about 2-3 mins, or until liquid reduces to about half.. Stir in butter, cold. Place cooked fish on plate and drizzle the tarragon butter sauce on top of fish. Top with shaved fennel and red onion slaw. Arrange marinated artichoke and lemon slices around fish.

Warm tabouli salad

1 cup bulgar, toasted

2 cups boiling water

2 plum tomatoes, small dice

1 cucumber, small dice
1 red onion, finely chopped
1 bunch parsley

vinaigrette

3 oz olive oil
Lemon zest
2 oz Lemon juice
1 tsp pepper
2 tsp salt

Place bulgar in a deep bowl. Pour hot water over bulgar, cover with saran wrap and set aside for 20 mins. After bulgar is cooked, fluff with a fork and let it cool a 5 minutes. Add vegetables and toss together. For vinaigrette, combin. Whisk together. Add olive oil, lemon juice, a Tbsp at a time, parsley, salt and pepper. Toss to coat. Serve warm or cool.

