



SPOTLIGHT RECIPE

PAN-SEARED BRANZINO

CRISPY SKIN, HEIRLOOM TOMATO, ORANGE, BEET AND FENNEL SALAD

This Mediterranean-inspired dish is vibrant in flavor, balancing the savory richness of perfectly seared fish with a bright salad, the crunch of the skin and shaved fennel, and the sweet-tart balance of the citrus and beet. Pair it with a glass of sauvignon blanc.

SERVES 6



For ingredients and cooking directions, please scan the QR code.

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INGREDIENTS

Branzino

- 1/4 cup extra-virgin olive oil
- Six 6-ounce branzino fillets
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Vinaigrette

- 4 fennels, sliced thin
- 3 heirloom tomatoes, cut into wedges
- 4 navel oranges, cut into segments
- 1 small red onion, sliced thin
- 4 tablespoons oil
- 3 tablespoons fresh orange juice
- 2 tablespoons lemon juice
- 2 teaspoons honey

DIRECTIONS

Preheat the oven to 400 F. In a pan, cover the beets in foil and roast for 45 minutes until tender. Once cooled, peel off the skins and slice into rounds. Set aside.

Heat the oil in a large pan over medium heat. Place the fillets skin-side down, pressing firmly with a spatula for the first 30 seconds. Cook 3 to 5 minutes until the skin is very crispy, flip and cook the other side 4 minutes.

In a large bowl, add the fennel, tomatoes, beets, orange segments and onion. Set aside.

For the vinaigrette: In a bowl, add the oil, orange juice, lemon juice and honey. Whisk well, and then add to the fennel salad. Set aside for service.

