

BREAM WITH SPRING ONIONS & CORIANDER



MINUTES TO PREPARE
10



MINUTES TO COOK
25-30



SERVES
2-3

INGREDIENTS

1kg whole bream, gutted and scaled
1/2 lemon, thinly sliced
2 spring onions, sliced
1 large handful fresh coriander
2 teaspoons butter
Salt and pepper

You will need a large roasting dish and a piece of tin foil large enough to fold over the fish and have room at the end.

LET'S GET COOKING

- 1 Rinse the fish under cold running water. Roughly spread a teaspoon of butter near one end of the foil. Place the fish on top. Stuff the cavity with the lemon slices, spring onions and coriander.
- 2 Season well with salt and pepper. Spread the second teaspoon of butter over the foil that is left. Fold the foil over the fish and scrunch up the sides to make sure no steam can escape.
- 3 Carefully lift the fish package into a roasting tray. Bake in the oven for 25-30 minutes.
- 4 To serve, carefully open up the foil. Using a knife, slice down to the main bone from the head to the tail. Gently lift off the fish fillets from either side, removing the bones as you see them. Flip the carcass over and repeat with the other side. Discard the bones.
- 5 Serve with the cooked coriander, spring onions and plenty of the buttery juices
- 6 Delicious alongside fried courgettes and new potatoes.

"Bream is a silky, meaty white fish which holds its own. It tastes beautiful simply cooked in foil like this, and because it's got a sturdy bone structure, the juices are absolutely delicious. I used to cook it a lot in Ile de Re (where it's called Dorade). Now we have local black bream here in Devon. You may come across red bream, gilt-head bream or common bream. Go with what looks freshest on the day!"

Depending on size of the fish, you can either stuff and cook a whole large fish to share, or wrap up smaller individual fish and have one each"