

VeraVia – Sea Bream with Escalivada and Root Mash

Serves 2

Ingredients:

2 - 4 oz. pieces sea bream
Escalivada (recipe follows)
Root mash (recipe follows)
1 handful fresh parsley, finely chopped

Escalivada

Ingredients:

2 bell peppers (one red and one yellow)
1 medium eggplant
1 small onion
¼ cup olive oil
Salt
Sherry vinegar

Method:

- Preheat oven to 350.
- Rub vegetables with olive oil and sprinkle with a few pinches of salt. Place on a baking sheet, and roast for an hour or until soft. Remove from oven and let cool.
- Peel skins off of the eggplant and the peppers. Slice vegetables into 1/2- to 1-inch slices. Add a pinch of salt, drizzle generously with oil, and add a big splash of sherry vinegar. (Start with a teaspoon or two, taste, and adjust to your liking).

Root Mash

Ingredients:

½ head roasted garlic (place head of garlic, wrapped in foil in 375 F oven for 45 minutes or until completely soft. Cool and squeeze flesh out of skins)

2 parsnips, peeled and chopped

2 carrots, peeled and chopped

2 small yellow finn potato (or cauliflower for lower carb), peeled and chopped

2 cups or more stock or bone broth

Salt and pepper to taste

1 tbsp. olive oil

Method:

- Place parsnips, carrots and potatoes in a pot. Add stock or water, salt and pepper. Bring to a boil and immediately turn down to a simmer. Cook for 20 minutes or until vegetables are totally soft.
- Drain, vegetables, reserving stock (drink it now!), and add to medium bowl. Add roasted garlic pulp and mash with a potato masher while adding olive oil. Conversely, you can mix with an immersion blender to speed things up. Season to taste and serve with sea bream and escalivada.

To Assemble Plate:

- Add a dollop of root mash to plate. Place fish down, off side of the root mash. Top with escalivada, fresh parsley and serve.