

Ceviche of sea bream with citrus fruit and avocado

Sommelier's accord



Menetou Salon white is a fresh, fruity wine. It goes wonderfully with white-fleshed fish such as sea bream. Citrus fruits add freshness and pep to this recipe, while avocado adds a touch of sweetness.

Serve between 10 and 12°C



PREPARATION TIME

60 minutes

PORTIONS

4 persons

INGREDIENTS

- 4 sea bream fillets
- 1 grapefruit
- 1 yellow lemon
- 1 orange
- 1 clementine
- 1 avocado
- 3 tablespoons olive oil
- A few sprigs of coriander
- 1 red onion
- Salt and pepper

PREPARATION

1. Start by preparing the fish fillets: check that there are no bones, and gently remove the skin by passing a thin knife between the skin and the flesh of the fillets. Cut the fillets into thin strips and set aside in the fridge.
2. For the marinade, squeeze the juice from half a grapefruit, half a lemon and an orange. Season with salt, pepper and 3 tablespoons of olive oil. Taste and adjust if necessary.
3. Toss the fish in the sauce and leave to stand for an hour in the fridge.
4. Take the segments from the clementine and the remaining half-grapefruit. Cut the avocado into small cubes. Slice the red onion finely and wash the coriander.
5. Arrange the drained marinated fish on a plate. Add a few clementine and grapefruit segments, diced avocado, coriander leaves and onion strips on top. Finish with a dash of fleur de sel and pepper.

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