



Grilled Dorade (Sea Bream) with Preserved Lemon Chickpea Salad

Serves 4

Okay, I admit my midriff is looking a little more like a mid-winter snow drift these days but thanks to this gorgeous recipe I will be in speedo shape in no time. Hey, why the chuckle, I think I can pull off a speedo this summer. Hey, stop laughing.

Ingredients:

For the Fish

- 4 Sea Bream Fillets 6 ounces each with the pin bones removed, scaled with the skin on: You could use Branzino, Red Snapper or Sea Bass fillets with fantastic results
- 1 clove of garlic chopped fine
- 2 tablespoons of olive oil
- 1 teaspoon of finely chopped preserved lemon rinds
- Salt and Pepper

For the Chickpea Salad

- 1-14 ounce can of Chickpeas rinsed and drained (you have to try the Lebanese chickpeas at Metro, they are crunchy and dare I say, stone cold sexy)
- 1 pint of grape tomatoes halved
- 1 cup of fresh chopped flat leaf parsley
- ½ cup of fresh chopped mint leaves
- 1 teaspoon of sumac
- ¼ cup of olive oil
- The juice of one lemon
- 1 tablespoon of finely chopped preserved lemon rinds
- Salt and Pepper

How it's done

1. First make the salad by tossing all of the ingredients in a bowl; season to taste with salt and pepper and set aside.
2. In a shallow bowl or pie plate combine the garlic, olive oil and preserved lemon zest. Pat the fish fillets dry with paper towels and add them to the plate; turn to coat and let marinate on the counter for 20 minutes.
3. Preheat your gas grill to medium high heat; make sure you give the grates a good brushing to insure loving results.
4. Remove the fillets from the marinade and season both sides generously with salt and pepper.
5. When the grill is hot, cook the fillets, flesh side down first, for 3 to 4 minutes per side or until just opaque when fork tested.
6. To serve, scoop a generous amount of the Chickpea salad onto each plate and top with a Sea Bream fillet. Drizzle a little of your best olive oil over the top and by the way, you hurt my feelings when I shared my speedo story with you. In the future let's remember that this is a no-judge zone.