

## SEA BREAM TARTARE

Sea bream is one of the many Mediterranean fish to be found in abundance in Greek waters, although it's also common in the Atlantic. Grilling is the traditional treatment for this fish, originating from the Cyclades, but preparing it as a tartare is the new trend that has taken over the Greece. *SERVES 6*

- 2 medium-sized sea bream, cleaned, gutted, filleted and skinned (each fillet about 140g/ 5oz)
- ½ bunch of coriander, chopped
- 1 red chilli, finely chopped
- 80–100ml (2 ¾–3 ½ fl oz) extra virgin olive oil
- grated zest of 1 lime and juice of ½
- ½ shallot, finely chopped
- 2 pinches of salt pinch of pepper

### for the avocado mousse

- 600g (1lb 5oz) avocados (about 2–3, depending on size)
- 1 teaspoon chopped red chilli
- 1 bunch of coriander
- juice of 1 ½ limes
- pinch of salt
- pinch of pepper

Finely dice the fish fillets. Add to a glass or ceramic bowl with the rest of the main ingredients, mix together and set aside at room temperature while you prepare the avocado mousse. Cut each avocado in half and remove the stone, then peel the flesh. Add to a food processor or blender with the rest of the ingredients and blend until creamy. To serve, divide the avocado mousse between plates and arrange the sea bream tartare on top.