

# Branzino Marine

Traditional Turkish levrek marin - marinated branzino appetizer with citrus and mustard. Fresh sea bass cured in lemon, vinegar and spices for 12 hours.

12h 15min

PREP

12h 15min

TOTAL

8

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 1 branzino
- 1 tsp mustard
- 1 tsp black pepper
- 1 bay leaf
- 1 onion
- 3 tbsp fresh lemon juice
- 2 tbsp vinegar
- 1 cup olive oil
- 1 tsp salt

## Instructions

### 1 Prepare the Fish

Remove all bones from the branzino fillets using tweezers, checking carefully for any remaining pin bones. Cut the fillets into uniform 1-inch pieces across the width of the fish.

### 2 Prepare the Onions

Slice 1 onion into thin rings. Place in a bowl and sprinkle with 1 tsp salt, mixing well with your hands. Let sit for 5 minutes to draw out moisture.

3 Rinse the salted onions under cold running water for 30 seconds, then drain thoroughly in a fine-mesh strainer. Pat dry with paper towels.

### 4 Make the Marinade

In a medium bowl, whisk together 3 tbsp lemon juice, 2 tbsp olive oil, and 1 cup vinegar until well combined.

5 Add 1 tsp mustard, 1 bay leaf, and 1 tsp peppercorns to the marinade mixture. Whisk briefly to incorporate.

#### 6 **Marinate the Fish**

Place the branzino pieces and prepared onions in a shallow glass or ceramic dish. Pour the marinade over the fish, ensuring all pieces are completely submerged.

7 Gently stir the fish and onions with a wooden spoon to coat evenly with marinade. Cover tightly with plastic wrap and refrigerate for 12 hours.

#### 8 **Final Preparation**

Remove the dish from refrigerator 15 minutes before serving. Remove and discard the bay leaf and peppercorns from the marinade.

9 Taste the marinated fish and adjust seasoning with additional salt and pepper as needed. Serve chilled as an appetizer.

## Tips

Always source the freshest fish possible from a reputable fishmonger - the quality of the fish makes or breaks this dish.

Use a pair of needle-nose pliers or tweezers to remove pin bones methodically, running your fingers along the fillet to feel for any remaining bones.

Salt the onions and let them sit for 5 minutes to draw out excess moisture and reduce their pungency before rinsing.

Wear gloves when mixing the marinade to prevent the acids from irritating your skin during the mixing process.

Remove the whole spices (bay leaves, peppercorns, mustard seeds) before serving for a cleaner presentation and easier eating.

Chill your serving platter in the refrigerator beforehand to keep the dish at the proper temperature during service.

Cut the fish into uniform 1-inch pieces to ensure even marination and professional presentation.

Taste and adjust the seasoning after marination, adding extra lemon juice, salt, or mustard as needed to balance the flavors.