



## CHEF ITZIK BARAK AND CHEF JJ JOHNSON

"THE SEVEN SPECIES"  
4-6 SERVINGS

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## INGREDIENTS

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### **SEA BREAM:**

4 fillets sea bream  
2 whole eggplants  
100 g sourdough baguette  
4 thyme leaves  
1 lemon  
10 g of fennel seeds  
Pinch of salt for taste  
Pinch of pepper for taste  
1 cup olive oil

### **BULGUR SALAD:**

40 g bulgur wheat  
1 pomegranate  
4 dates  
40 g pumpkin  
4 pears  
One piece of ginger  
20 g parsley  
20 g mint  
1 tsp. yuzu  
1 lemon  
1 small red chili  
Pinch of salt for taste  
Pinch of pepper for taste  
1 cup olive oil  
Water

### **TAHINI:**

40 g tahini  
1 lemon, juice only  
Pinch of salt for taste  
Pinch of pepper for taste  
1 cup olive oil  
1 cup ice water

### **GARNISH:**

1 radish  
1 yellow zucchini  
1 carrot  
1 cucumber  
1 fennel  
1 lemon  
Drizzle of yuzu  
Pinch of salt for taste  
Pinch of pepper for taste  
1 spoon olive oil

# DIRECTIONS

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Fill mixing bowl with room temperature water and soak bulgur wheat for 30 minutes.

Grill eggplant on high flame for 5 minutes on each side until soft and charcoaled. Remove both stems.

Peel one eggplant, leave the other with the charred skin, and cut into cubes.

Put all cubed pieces into one blender and add 1/2 cup of olive oil and the juice of 2 lemons. Add salt and pepper for taste and blend on high until smooth.

Strain water from the soaked bulgur wheat and move to a mixing bowl.

Chop parsley and mint.

Dress pumpkin with thyme leaves, salt, pepper and oil and sauté in a medium pan for 3 minutes until golden brown.

In a separate bowl, add 20 g yuzu, salt, pepper, olive oil, chili and mix. Add bulgur, sautéed pumpkin, dates, pomegranate seeds, pears, parsley, mint, ginger, and mix.

Add yuzu dressing from the first bowl and taste.

Remove sea bream skin and cut into four equal rectangles. Season with thyme, salt, pepper and olive oil.

Add the eggplant paste to one side of each piece of fish.

Add one piece of sliced bread to the same side as the eggplant paste and cut the bread to align with the size of each fish.

Add all four pieces to a sauté pan and cook on medium heat for 2 minutes, bottom side first then flip until top side is golden brown.

Add tahini, lemon, salt, pepper, olive oil and ice water to a medium-sized mixing bowl and stir until smooth. Soak the vegetable garnish in lemon, olive oil, yuzu, salt, and pepper.

## **PLATING:**

Smear tahini in a line on the bottom of the plate and place bulgur salad directly on top.

Add the four pieces of cooked sea bream, shingled.

Roll each vegetable and place throughout the plate, on top of the fish or in the bulgur salad.

Garnish with leaves.