

**ROAST SEA BREAM with GARLIC and ROSEMARY**

**serves 6**

Bream can carry the strong flavours of garlic, olives and rosemary very well.

**Ingredients**      6 black bream fillets  
                         pepper  
                         3 cloves garlic, cut in thin slices  
                         leaves of 6 sprigs rosemary  
                         1-2 cups dried breadcrumbs  
                         1½ tsp flaked (Maldon) sea salt  
                         75g (2½oz) stoned black olives  
                         olive oil  
  
*garnish*      lemon wedges  
                         chopped fresh tomato

**Method**              Season fillets all over with pepper and salt. Make 2 slits in the skin side and insert rosemary leaves and garlic slivers.

Grease a baking tray and space 6 space the size of the fillets with bread crumbs, salt and olives. Place the fillets on top and drizzle with olive oil.

Bake at 200°C (400°F, gas 6) for 10 minutes. In an Aga place on the top shelf of the ROASTING OVEN.

To serve carefully lift the fillets onto warm plates. Garnish with lemon wedges and piles of chopped tomato. Serve with new potatoes and accompany with a salad.

**To get ahead**      Have the fish fully prepped on the baking tray ready to pop in the oven.

**Note**                      Fishmonger David Benjamin can be found in the butter market in Hereford tel: 01432 274480