



## BRAISED SEA BREAM & ITS ATTIEKE

### □ **Ingredients (serve 4):**

- 4 sea breams of 300g (or any other fish to braise)
- 1 MAGGI cube • 1 onion • 2 tbsp. of lemon juice
- 1 red chilli seeded and chopped • 1 tbsp. of fresh ginger grated • 1 tbsp. of vinegar • 1 tbsp. of oil • 1 bunch of chive, chopped • salt • pepper • 400g of Attikéké

### **RECIPE**

#### 1- Preparation of the Attiéké:

Pour 400g of dehydrated RACINES attiéké in a bowl. Add 320 ml of tepid water and stir delicately. All the water must be absorbed.

Cover and allow to settle 5 to 8 min. The attiéké recovers its initial volume.

Warm on very sweet fire (microwave) or on the vapor (with a steamer) during 5 min. while shelling with a spatula or a fork to avoid that grains to stick.

#### 2- Preparation of the fish:

In a salad bowl, realize the marinade by mixing the juice of lemon, the grated ginger, the chopped hot pepper, the vinegar, salt, pepper and the cube MAGGI.

Make 2 light notches on every side of fishes and brush them with some marinade.

Let rest 10 min. so that all the flavours soaks the bare flesh.

During this time, switch on the barbecue.

Prepare, the individual plates, by having on every half fine small strips of tomatoes and onions.

It only remains to cook fishes on the BBQ 15 min. on each side.

Once cooked, put down a fish by plate on its bed of tomatoes and onions and sprinkle with chopped chive.

Serve hot with the attiéké in accompaniment. Enjoy!

Bon appétit !



### Other main dishes based on fish :

