



The Edible Garden

Recipe featured at Garden-to-Table weekend featuring asparagus,
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Grilled Bronzino

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Makes 4 portions

Ingredients

For the bronzino

2 whole bronzino, skin on, with bones removed
1 lemon, sliced
1 fennel, small, sliced
4 sprigs thyme
2 bay leaves, fresh if available
4 ounces olive oil
Fleur de sel and freshly cracked pepper to taste

For the asparagus

1 pound wild asparagus
4 ounces extra virgin olive oil
2 lemons

Instructions

- To prepare the fish, make sure that the interior bones have been removed. Your fish monger should be able to take care of this for you. It is much easier to eat if you don't have to fuss with the bones.
- Season the fish with salt and pepper
- Place the slices of lemon and fennel with thyme and bay leaves in the body cavity of the fish. Tie with butchers twine in order to secure the filling in place during cooking.
- Preheat grill at a high heat for 10 minutes. Brush the grill with oil and the outside of the fish with oil as well. Season the exterior of the whole fish with salt and pepper as well.
- Place on grill and cook for 5-7 minutes on one side and flip the fish and cook on the other side for an additional 5 minutes.
- Blanch the asparagus in boiling salted water for approximately 2 minutes.
- Place asparagus on plate, dividing evenly over 4 plates.
- Serve ½ of each fish on top of the asparagus. Finish with a good olive oil, freshly squeezed lemon juice and more sea salt as needed.

