

Lebanese chefs' FAVORITES



CHEF ALAN GEAAM

Casino du Liban

*Loves roulade of
salmon tempura*

CHEF CHARLES AZAR

Casino du Liban

*Loves pistachio mafroukeh
with mohalabiyah cream*

CHEF JOE BARZA

Casino du Liban

*Loves smoked eggplant
with fish tartar*

SMOKED EGGPLANT WITH FISH TARTAR

By Chef Joe Barza

Serves 4
Prep/cooking 30 mins

INGREDIENTS

Pistachio mafroukeh

For the eggplant

- 0.5 kg grilled eggplant
- 50g sesame paste (tahina)
- 75g olive oil
- 1 clove garlic
- 1 egg yolk
- Lemon zest
- Salt and pepper

For the fish

- 0.5 kg sea bass filet
- 100g sea salt
- 25g white sugar

- 25g white bulgur
- Pinch of all spice
- Pinch of salt
- Pinch of marjoram
- 2 tbsp olive oil

For the sauce

- 1 cup bou sfeir (bitter orange peel)
- 2 tbsp honey
- Corn flour

PREPARATION

Combine grilled eggplant with sesame paste, lemon zest, olive oil and garlic until you have a cold emulsion. Then, add the egg yolk and stir well to combine. Adjust taste with salt and pepper. Mix sea salt and sugar; then, sprinkle on sea bass filet. Allow to rest for 30 minutes. Rinse under running water and drain well. Finely chop the sea bass filet and mix with all other ingredients. To prepare the sauce, bring to a boil bou sfeir and honey and thicken the sauce with corn flour. Adjust taste with salt and pepper.

Using a round mold, place the eggplant mix in the bottom, then add the sea bass mix and top with sumac toasted bread, Drizzle sauce on the plate around the dish.

