



SEA BASS WITH CHERRY TOMATOES, BASIL AND SEA WATER



4



20 MIN

Ingredients

- 4 Sea bass fillets of 120 g each
- EVOO 2 tablespoons
- Garlic 4 cloves
- Chopped basil 8 leaves
- Salt, black pepper to taste
- Cherry tomatoes in sea water (**Ristoris**)
- Seawater a few ladles (**Ristoris**)
- Olive oil (**Ristoris**)
- Italian bread, sliced 4 fet



Procedure

1. Preheat the oven to 180 degree
2. Sauté the garlic in the oil for about a minute and before the garlic turns yellow, add the cherry tomatoes.
3. Season with salt and pepper, add the parsley and add the sea water and bring to a boil.
4. Add the fish fillet seasoned with salt and pepper and place in the oven until cooked through for about 10 minutes.
5. In the meantime, cut the slices of bread and toast them with oil.
6. When they are crispy, rub a little garlic and serve with the sea bass.



SPAGHETTI WITH GARLIC, OIL, CHILLI PEPPER AND SEA WATER



4



10 MIN

Ingredients

- 320 g of spaghetti
- 1 chilli pepper
- 1 clove of garlic
- extra virgin olive oil to taste (**Ristoris**)
- seawater to taste (**Ristoris**)
- parsley to taste



Procedure

1. Clean the garlic clove, removing the outer skin, then cut it in half and remove the central core.
2. Pour into a pan with a few tablespoons of extra virgin olive oil and brown it over medium heat together with the fresh chilli.
3. Cook the pasta in plenty of sea water, drain it al dente and add it to the sauce in the pan.
4. Stir quickly over high heat by adding a ladle of sea water used for cooking the pasta and let it dry.
5. Remove from heat, plate and top with a little chopped parsley.