

preparation instructions

canoe | sea bass

bbq

whole stuffed sea bass

- 1 Remove the lid of the Atlantic sea lettuce + XO butter. Place the container in the microwave for 2 to 3 seconds, or until butter is soft -- not melted. Throughout the cooking process, use the herb brush provided to brush softened butter onto the sea bass.
- 2 Brush all sides of the sea bass with a neutral oil (canola oil) or spray with PAM. This prevents the sea bass skin from sticking to your grill.
- 3 On a preheated barbeque, grill the sea bass 7 to 8 minutes on each side.

locally foraged + farmed spring vegetables en papillote

'En papillote' means any food wrapped in parchment paper and baked. This cooking method seals in the moisture and flavour. It's a great one-step method to cook veggies.

Remove the aluminum foil parcel from the plastic bag; keep the foil parcel flat and level. Place the aluminum parcel onto a preheated barbeque, indirect heat. Cook for 12 to 15 minutes or until the parcel puffs up. Remove from the barbeque. Using scissors, cut open the parcel and carefully transfer the vegetables onto serving plates.

corn on the cob with black garlic + citrus butter

Place the corn, in husks, directly on a preheated barbeque. Routinely flip the corn, so it cooks evenly, for 10 to 12 minutes. Remove the corn from the barbeque and allow it to cool, until you're able to touch it with your hands. Peel back the husk and enjoy.

oven

Preheat your traditional/conventional oven to 205°C/400°F.
If you have a convection oven, preheat to 180°C/355°F.

whole stuffed sea bass

- 1 Remove the lid of the Atlantic sea lettuce + XO butter. Place the container in the microwave for 2 to 3 seconds, or until butter is soft -- not melted. Throughout the cooking process, use the herb brush provided to brush softened butter onto the sea bass.
- 2 Place the sea bass onto a baking sheet on the top rack of the oven. Bake for 6 to 7 minutes. Flip the sea bass, and continue to cook for another 6 to 7 minutes. Turn the oven to broil and cook the sea bass until the skin is golden brown.

locally foraged + farmed spring vegetables en papillote

'En papillote' means any food wrapped in parchment paper and baked. This cooking method seals in the moisture and flavour. It's a great one-step method to cook veggies.

Remove the aluminum foil parcel from the plastic bag; keep the foil parcel flat and level. Place the aluminum parcel onto a baking sheet on the middle rack of the oven. Bake for 12 to 15 minutes or until the parcel puffs up. Remove from the oven. Using scissors, cut open the parcel and carefully transfer the vegetables onto serving plates.

corn on the cob with black garlic + citrus butter

Place the corn, in husks, onto a baking sheet in the oven. Cooks for 10 to 12 minutes. Remove the corn from the oven and allow it to cool, until you're able to touch it with your hands. Peel back the husk and enjoy.