

# Put Perfection on the Table Tonight with Chef Eric Frechon's Mediterranean Sea Bass

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For those who have yet to be introduced, Eric Frechon is best known as Executive Chef at Le Bristol's triple Michelin starred kitchen, Epicure.

For over 20 years, he has elevated the dining experience at Le Bristol to the highest level with his passionate dedication to the French gastronomic tradition born out of locally and regionally sourced ingredients.

Now offering his talent and creativity to Oetker Collection's Riviera Grande Dame as Consultant Chef at Hotel du Cap-Eden-Roc, Frechon has raised the culinary bar for the Côte d'Azur in collaboration Arnaud Poette, Christophe Marc and their teams. Eden-Roc Restaurant, Eden-Roc Grill and the hotel's 150<sup>th</sup> birthday gift, Louroc, have all been reimagined with new menus that meld the culinary traditions of Provence and the Mediterranean. And they can **all be enjoyed** in opulent spaces, freshly redecorated by Patricia Anastassiadis.

Today, Eric Frechon offers the recipe for one of his favourite dishes from the Riviera region: Mediterranean sea bass marinated in olive oil and lemon. Make it at home tonight and feel transported to the iconic cliffs of Cap d'Antibes.

Here's how it's made...

*Serves 4*

## **Ingredients**

400g freshly caught sea bass  
Olive oil  
Salt  
Piment d'Espelette  
Juice of 1 lemon

## **Method**

Filet the sea bass and remove bones.  
Slice the filet very thinly.  
Add a small amount of olive oil to four plates and spread evenly.  
Line the plates with the sea bass slices.  
Lightly salt the sea bass and sprinkle with piment d'Espelette.  
Add a generous amount of olive oil and the juice of  $\frac{1}{4}$  lemon to each plate.

Bon appétit! Enjoy this light and satisfying sea bass starter with a crisp glass of rosé this summer. Hotel du Cap-Eden-Roc is open for its 150<sup>th</sup> anniversary season and looks forward to welcoming you for a reinvented dining experience. Discover **more**.