



Mediterranean Lunch

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When you think of outdoor summer dining, what's the first thing that comes to mind? Many people have great memories of celebrating the warm weather and entertaining outdoors, and we're no different! While we're always eager to welcome the start of summer, in our books it doesn't officially start until we are able to entertain in the traditional southern French style with a Mediterranean Lunch!

In the south of France, the main attraction of this type of gathering is the farm-to-table aspect of the meal. While this menu can be enjoyed as lunch or dinner, we like to combine the two with "linner", and let the meal move slowly and indulgently.

So, grab those fresh ingredients, and have guests clear their afternoon, because this is all about taking it all in and enjoying slowing down a bit!



Find these recipes and more in Eatertainment – a guide to effortless entertaining by Seb & Sheila Centner! www.sebandsheila.com/eatertainmentbook



Rosé Floater

For our Med Lunch we like to offer beverages that are a bit lighter and brighter. Like this Rosé Floater ready to refresh guests on a hot summer day.



Prosciutto & Melon Florets

Quick and easy to prepare, these are a staple in restaurants along the Mediterranean. And this is definitely the most beautiful way to present them.



Grilled Loup de Mer

Although any whole white fish will work well, if you have the opportunity to get a whole Loup de Mer, branzino, or sea bream—definitely grab them!



Fruit Tart

After a meal with so many courses, we like to finish with a simple fruit tart. Our recipe is stone fruit focussed, but feel free to use the fruit of your choosing!

Food styling by @eatertainment – www.eatertainment.com

