

# Tasty *fish dish*

Sea bass is a textured, firm white fish with a meaty texture – great for either a dinner party dish or a simple supper.



*Pan fried Fillet of sea bass, cauliflower, pine nuts, baby spinach and beurre noisette*

## Ingredients:

- Fillet of seabass approx. 150gms
- Tablespoon of pine nuts
- A handful of spinach
- 3 grigotte (pearl) onions

## For the beurre noisette

- 100gms butter

## For the cauliflower purée

- ½ head of cauliflower
- 25g butter
- Half a pint milk
- Salt & pepper
- Olive oil

Try this wonderful sea bass recipe from **Brad van der Kraan**, Head Chef at **Le Benaix**. Brad trained at **Gordon Ramsey's 3 Michelin Star Hospital Rd Restaurant** and locally has worked at both **Le Talbooth** and **Le Bouchon**.

## Method

- 1** Remove the cauliflower stalks and cut florets into small pieces. Heat the butter and milk in a pan, add the cauliflower and stew until softened. Strain and liquidise the cauliflower then season and pass through a fine chinois/ sieve. Keep warm.
- 2** Place 2 non-stick pans on stove.

Add a splash of olive oil to one pan – score and season your bass fillet on the skin side and when pan is starting to get reasonably hot, place the fillet in pan, skin side down.

- 3** Slice grillotte onions in half and place in same pan centre side down.
- 4** Cook gently until you see the colouration of the fish – as it turns white about two thirds of the way of the way up the fillet. Turn fish over and add butter. Baste the fillet as the butter melts. When the butter begins to brown, toss in the pine nuts to colour off.

- 5** Remove from heat and place your fish, onions and pine nuts on a warmed plate on several layers of kitchen towel to remove unwanted grease.

- 6** Add a splash of oil into the second pan, throw in the spinach, season and when wilted, place all components on a plate and serve.

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