

# A delicious *summer special*

With the warm weather coming, and hopefully staying, this issue's recipe is a summer favourite at The Bell Inn, Tolleshunt Major. Try it with rosemary roast potatoes and a glass of fruity Marlborough Sauvignon.



*Seabream with courgette,  
cherry tomatoes,  
garlic and basil*

**Serves 2**

**Time** approx. 25mins

### Ingredients

2 seabream fillets (skin on, no bones), if unavailable try seabass

250g of good quality cherry tomatoes, different coloured ones

1 courgette – sliced chunky

2 cloves of garlic

Handful of capers

2 glugs of white wine

Olive oil

Handful of fresh basil

1 stalk of rosemary

10 new potatoes – par boiled to soft

Salt and pepper

### Method

1. Preheat the oven to 180°C.
2. In a tray combine the par boiled new potatoes, a couple of tablespoons of olive oil, salt, pepper, the stalk of rosemary and one garlic clove, just crushed. Put this in the oven at the top.
3. In another oven tray add the cherry tomatoes, courgette, the remaining garlic clove, salt, pepper and a large glug of olive oil. Place in the oven, middle shelf. Check your potatoes, give them a shake to coat with olive oil. Leave to cook for ten minutes.
4. After ten minutes put a heavy based non-stick frying pan on

a medium to high heat. Allow the pan to reach temperature. Take the bream out of the fridge. Using kitchen paper dry any excess moisture from the skin and flesh. Season with salt and pepper. Add to the pan skin side down – do not be tempted to add any oil, if your pan is heavy and non-stick it should be fine. Once you hear a slight crackling or popping sound give the pan a shake and the fish should come free. Check the skin is crispy then take off the heat.

5. Add fresh basil, capers and white wine to the tomato pan, followed by the bream flesh side

down – this will now steam and cook the flesh whilst keeping the skin crispy.

6. Leave this for approximately 7 minutes. Then everything should be ready!

Plate up and enjoy with a refreshing glass of Marlborough Sauvignon Blanc.

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