



Pan fried sea bass with parsnip puree and honey roasted Heritage parsnips.

This highly rated farmed fish is a sound menu addition. With all year round availability, we can offer a selection of different sized fillets and preparations to meet all menu requirements.

01BAS14E06 SEABASS: FILLET 140-160GM SCALED & BONED (EACH)



Prep Time & Cooking Time: 20Minutes and 6 minutes...

Ingredients – Serves 2 People

- 1BAS14E06 - SEABASS: FILLET 140-160GM (EACH): 2
- Parsnip for puree: 200gm
- Double cream: 20ml
- Butter: 20gm
- Heritage parsnips: 4
- Honey: 5gm
- Parsnip for crisps: 1
- Maldon Salt: 2gm
- Olive Oil: 5ml
- Kale: 20gm



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Method

1

Prepare the parsnip puree by dicing into even sized pieces. Boil the parsnip pieces until soft. Drain, and blend with butter and double cream until smooth. Season.

2

Peel the Heritage parsnips and leave them whole. Place them on a baking sheet lined with parchment paper, then drizzle with olive oil and bake for 5-8 mins at 180°C until cooked. Drizzle honey over the cooked parsnips and place in a very hot oven at 200°C for 3-5 mins until a golden brown colour has developed.

3

To make the parsnip crisps, peel your whole parsnip and carefully thinly slice using a mandolin slicer (use the guide to prevent any injuries). Deep fry the slices at 170°C until golden in colour and crisp. Drain and dry on blue paper towel to remove any excess oil. Sprinkle with Maldon salt.

4

Rub the sea bass fillets with olive oil and pan fry skin side down until crispy. Turn the sea bass to continue to cook the flesh side for 3-6 minutes.

5

Blanch the kale and spring greens in boiling salted water for 2-4 minutes and drain. Toss in butter and place in a small bowl.

6

Assemble the dish and garnish with the warmed parsnip crisps and roasted Heritage parsnips. Drizzle the sea bass with a little olive oil and a pinch of Maldon salt. Serve with buttered kale and spring greens.