

Fillets of sea bass, asparagus, cherry tomatoes and basil butter

Serves 2

Ingredients

4 small Selsey sea bass fillets (sea bream is a good alternative)
olive oil
sea salt and ground black pepper

Sides

12 asparagus spears
12 cherry tomatoes on the vine
2 tbsp pesto

Sauce

5g diced shallot
35ml dry white wine
10ml white wine vinegar
35g unsalted butter
Small bunch Greek basil - chopped

Method

Preheat the grill, oil and season the tomatoes and grill until just cooked. Set to one side. Snap the tough ends off the asparagus. Bring a pan of salted water to the boil and then lightly cook for 2-3 minutes. Remove from the water and keep warm with the tomatoes.

To make the sauce, place the diced shallot in a small saucepan with the wine and vinegar. Allow to reduce by two-thirds then whisk in the butter, piece by piece, until you have a smooth and shiny sauce. Sieve, season with salt and add the chopped basil.

Heat a frying pan over a medium-high heat. Add the olive oil. Season the fish with salt and pepper. When the oil is hot, add the fillets skin-side down and cook for 2 minutes or until the skin is crispy. Turn over and cook for another 2 minutes or until the flesh flakes with gentle pressure from your finger.

To serve, place a tablespoon of pesto on the plate, the stack the tomatoes, asparagus and finally the sea bass. Drizzle over the basil butter. Serve with new potatoes.



This recipe is supplied by The Seal, Selsey. This hotel and restaurant has been established for over 40 years and is still run by the original family who started the business in 1971.

www.the-seal.com

Fresh or farmed?

In recent years farmed sea bass has become more common. It is usually farmed in Europe and shipped over to the UK. We prefer the wild sea bass which is caught seasonally at Selsey and has a lower environmental impact.

The Sea's the Day project celebrates the Selsey fishing industry. The fascinating stories and memories of the fishermen and their families have been recorded and used to create a short film and a book. The recipe cards show you how to prepare tasty meals in your own kitchen using the local species the Selsey fishermen catch.

www.peninsulapartnership.org.uk/projects/seas-the-day/

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