

Filletts of sea bream with ginger and scallions

Serves 2

Ingredients

2 large Selsey sea bream fillets
4 spring onions (scallions) cleaned and cut into 2cm lengths
2cm piece of fresh ginger cut into fine matchsticks
1 tbsp light soy sauce
2 tbsp cooking oil
Freshly ground black pepper

Method

Heat a heavy bottomed sauté pan with 1 tablespoon of oil until it is hot but not smoking.

Add the fillets skin side down. Grind a little black pepper over the fish. Sear for 2 minutes to obtain a good crisp skin.

Carefully turn the fish over with a fish slice, reduce the heat to low, continue to cook for a minute or until the flesh is no longer translucent.

Remove the fish and place skin side up on hot serving plates. Put the pan back on the heat, add the other tablespoon of oil along with the ginger and scallions. Fry for 30 seconds, add the soy sauce and heat for another 30 seconds.

Just before you spoon the soy jus over the fish fillets, peel back the skin. This lets the juices permeate the fish.

Serve with fresh watercress and sauté potatoes.



Nik Westacott (left) Dan Langford (right). Dan is the third generation of Selsey fisherman. With them are a local lobster, crab and a sea bream.



This recipe is supplied by Nik Westacott of The Old Greenhouse at Fishbourne, a tiny restaurant with a maximum capacity of just 16. Bookings are essential.

www.theoldgreenhouse.co.uk

A golden fish

The sea bream is sometimes known as gilt-head due to the gold stripe between its eyes. All bream change sex during their lifecycle from male to female.

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/

**SEA'S
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