

**WHOLE LINE-CAUGHT
WILD SEA BASS
WITH
ROASTED MEDITERRANEAN
VEGETABLES**

SERVES 4

INGREDIENTS:

1 X Whole 4 person wild sea bass
2 x Large fennel
1 small bunch fresh oregano
4 x Elephant shallots
1kg Vine tomatoes
Extra Virgin Olive Oil
1 Bulb of Garlic
1 Lemon
Sea Salt & Black Pepper

PREP TIME : 10 MINS

COOKING TIME : 45 MINS

METHOD:

Ask us at Jarvis for a whole wild sea bass, gutted, scaled and ready for the oven
- We're here to take the hard work out of the prep so you don't have to worry.

Slice two bulbs of fennel in half, straight down the middle. In the roasting dish drizzle the fennel in olive oil and sea salt, rub until nicely covered. Roast the fennel with a few springs of fresh oregano on a high heat for 20 minutes, until they start to soften slightly.

Drizzle the skin of the sea bass with olive oil and rub the skin with sea salt flakes. Add some wedges of lemon and bruised garlic cloves to the cavity where the fish has been gutted. Half some elephant shallots or small onions, skin on, add some tomatoes on the vine, here we've used a mixture of red, yellow and brown heritage vine tomatoes. Drizzle the vegetables with olive oil and sea salt and roast the whole dish in the oven on 180c for 25 minutes. At the end turn the heat right up to crisp the skin for 2 minutes and serve the whole roasting dish on the table, ready for everyone to tuck in. Don't be afraid to cook the fish for less time than you expect and let it rest for 5 minutes before serving, no one wants overcooked fish, not when it's this good!

A tip - those lemons in the fish cavity? Don't waste them! Add the roasted lemon flesh to a bowl, mix with olive oil, a splash of white wine vinegar and sea salt for a beautiful dressing that compliments the fish and reminds you that those long mediterranean summer lunches are only a few months away...

