



Cooking Instructions

Pan-fried Sea bass fillets with Tomato and Yellow Bean Sauce

Larder Essentials

1 sea bass fillet per person
½ large tomato or 3 cherry tomatoes per person
½ medium onion per person
Salt,
Coriander leaves,
Potatoes or Rice.

Kit Contents

Sachets of Base Paste,
Yellow Bean Sauce,
Dried chilli Flakes.

Introduction

This is usually a medium spiced sauce but can be made to be mild or hot. This sauce is to accompany pan-fried, grilled or steamed sea bass fillet. This sauce can be cooked in advance and warmed up just before serving (add a little water first to loosen it up). It can be used for a starter or main course, just adjust the quantities to suit the plate.

Preparation

1. Wash and dry the fillets, place them skin side up and make 3 diagonal slices (only skin deep) across the width of the fillet to stop it curling up during cooking. Sprinkle a little salt on both sides of the fillet and rub in.
2. Slice cherry tomatoes into halves or large tomatoes into quarters.
3. Slice the onions thinly.
4. Tear off about 5-10g of coriander leaves.
5. Wash potatoes or rice (60g per person).

Serving Options:

This can be served with either boiled potatoes or rice and some steamed vegetables like baby sweetcorn. Prawns (large and uncooked) can be substituted for the sea bass but do not oil them first, fry or grill until they turn pink then immediately remove from the heat. Make sure your sauce is hot, the potatoes (or rice) and any vegetables are cooked before cooking the sea bass or prawns.

Method for Sauce

1. Gently heat 3 tablespoons of vegetable oil, add sliced onions and cook until brown.
2. Add the base paste, simmer for 4 minutes.
3. Add the Yellow Bean sauce, chopped tomatoes, half a cup of water and stir gently while it simmers for 4 minutes.
4. Season the sauce for saltiness and spice heat.
 - 4.1. Saltiness: Add a pinch of salt, stir, taste and repeat until it has a slight hint of saltiness.
 - 4.2. Spice Heat: Add a pinch of chilli flakes, stir, taste and repeat until it has your preferred level of heat.
5. Stir in some chopped coriander or parsley leaves.
6. Add more water and simmer a little if the sauce is thick as it is best loose but not runny.
7. Remove from the heat and set aside.

Method to Pan-fry the Sea Bass

1. Place a frying pan with a tablespoon of oil on a medium hot hob.
2. Brush both sides of the sea bass with oil.
3. As soon as the pan is hot, place the oiled fillets skin side down in the frying pan.
4. If you prefer crispy skin on the sea bass, cook skin side down until the whole fillet has changed colour from translucent to white and remove from the pan. Otherwise turn the fillet over as soon as most of the fillet has turned white and lightly brown the top of the fillet, remove from the pan when ready.

Method to grill the Sea Bass

1. Turn on grill and cover grill pan with foil and coat it with a tablespoon of vegetable oil to stop the fillets sticking to it.
2. Brush both sides of the sea bass with oil.
3. Place the oiled fillets skin side down on the grill pan.
4. Grill until the whole fillet has changed colour from translucent to white with a light brown top and remove from the grill. Keep checking to ensure it does not burn.