

LIFE'S KITCHEN

A LOVE OF FOOD &
A SENSE OF OCCASION

RECIPE OF THE MONTH - JUNE 2017

SEA-BREAM WITH CRUSHED NEW POTATOES, WILTED SPINACH TOMATO AND DILL SAUCE

Serves 2

INGREDIENTS

2 x Sea-bream Fillets
(can use Sea-bass)
220g new potatoes (cut in half)
2 x Spring Onion
75 ml white wine
100ml double cream
1 x Packet baby spinach
Small bunch of dill
One plum tomato (small diced)
Small Packet of wild rocket
100g Butter
1 x lemon
20g Capers
Salt and Pepper
50ml Olive oil



METHOD

Make sure the fillets are de-scaled, then score the sea-bream fillets 8 times on the skin side making sure not to cut right through, leave on a plate with kitchen paper, dice the butter and leave to one side, Thinly slice the spring onion leave to one side, Place the new potatoes in a sauce pan fill with water, add a pinch of salt, bring to the boil cook for 20 mins, Put another pan on a medium heat, with a knob of butter, add spinach and stir until wilted, season to taste, leave to one side.

With a small sauce pan place on a high heat, once hot add white wine allow to reduce by half, then add the cream, once boiling turn down heat to its lowest setting

and slowly add diced butter whisking sauce at all times (making sure butter doesn't split) once all butter is added remove from heat, season to taste, finely chop and add the dill, add the capers, diced tomato and a squeeze from half the lemon.

Place a non-stick frying pan on a high heat and add 25ml of olive oil, season the sea-bass fillets and place in frying pan skin side down, fry for three minutes allowing skin to become crispy (not burnt!) and then carefully turn over the fillets, remove the pan from heat and leave fillets to rest in the pan.

Check the potatoes are cooked, if so drain and put back into the sauce pan, allow

to steam and dry out for one minute, once this is done season potatoes and add rest of the olive oil, then crush the potatoes with a masher or a fork, finally add sliced spring onion and mix.

To serve

On two plates place the potatoes (in a ring/cutter if u have one pressing it down).

Portion the spinach onto each plate, then place the sea-bream fillet on top of the spinach (skin side up), then drizzle over the sauce, garnish with rocket salad, and quarter of lemon.