

PAN ROAST FILLET OF UK FARMED SEA BASS WITH ASPARAGUS, CHAMP POTATOES, AND A BROWN SHRIMP VERMOUTH FISH CREAM.



Ingredients:

For Brown Shrimp Vermouth Cream;

- 50g Unsalted butter
- 1 Garlic Clove (finely chopped)
- Tsp Red pepper flakes
- 100g Large brown Shrimp (peeled & deveined)
- 2 tbsp Lemon (juice only)
- 60ml Dry Vermouth
- 100g Cold Butter (cut into-in)
- Sea Salt and Black Pepper

For Brown Shrimp Vermouth Cream;

- 4 x 180g fillets of farmed UK sea bass (descaled, boned, salted)
- 4 oyster mushrooms
- Vegetable oil (for frying)
- 100g unsalted butter
- Lemon juice (spritz of)



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Method:

In a sauté pan, over medium heat, heat butter until foam subsides.

Add garlic and red pepper flakes and sauté for 1 minute. Add shrimp and lemon juice and stir well. Cook shrimp until they turn pink and begin to curl, about 2 minutes. Remove shrimp to a warm plate and reserve.

Add vermouth to pan and bring to boil. Remove pan from heat and whisk in cold butter. When all butter is melted and sauce is thick, taste and adjust seasonings. Stir in warm shrimps and pour over sea bass fillets.

Heat a little vegetable oil in a non-stick frying pan and add the salted fish, skin-side down. Press into pan to make sure full contact with the pan is made and there is no arching of the bass. Add oyster mushrooms to the pan, turn the fish and add butter for basting. Fish will be cooked after three minutes. Finish with lemon juice before serving with brown shrimp vermouth cream, champ potatoes and asparagus.

Recipe from Paul Askew, Head Chef at The Art School Restaurant

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