



## Crispy pan fried sea bass with a Summer vegetable broth topped with aioli

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### Ingredients

- 6 x 225g sea bass fillets, skin left on (make sure they have been de-scaled)
- Maldon sea salt and black pepper
- 12 baby carrots, cleaned up, with an inch of green left on top
- 12 med sized florets of cauliflower
- 12 baby leeks, trimmed
- 6 baby courgettes, cut in half lengthways
- 30 sugar snaps (5 per portion)
- 12 florets broccolini if available otherwise broccoli
- 6 handfuls shelled broad beans (1 handful per portion)
- 1200 ml fish/vegetable stock

### Pesto

- 1 clove of garlic
- 4 handfuls of fresh basil, picked and chopped
- 1 ½ handfuls of toasted pine nuts
- 2 handfuls of grated Grana Padano
- Olive oil
- Salt and pepper

### Aioli

- 5 cloves of roasted garlic (wrap the garlic cloves, still in their skins, in foil with a drop of olive oil and cook at 180c until they are soft and smelling great!)
- Discard the skins.
- 10 generous tblsp of mayonnaise
- Salt and pepper

### Method – Serves 6

#### Pesto

- Pulse the garlic, salt and basil leaves in a food processor. Add the pine nuts and pulse again.
- Turn the basil mixture out into a bowl and add half the Grana Padano, stir gently adding some oil to make a nice consistency.
- Taste and adjust the seasoning, adding more garlic, the rest of the cheese and basil to suit your taste.

#### Aioli

- Mash the roasted garlic, with the seasoning, to a smooth paste, stir in the mayonnaise and mix well.
- Taste and adjust the seasoning if necessary.

#### Method

- Heat your stock in a pan to simmering point, taste and season well. If there is any froth on top skim it off with a metal spoon until the stock looks clear.
- Put a frying pan on for the sea bass.
- Heat a tblsp of olive oil and as you begin to cook the vegetables start frying the sea bass fillets. They will not take very long about 5 minutes each side, season them well when cooked. Keep warm.
- To cook your vegetables look at them and the ones that you know will take the longest time to cook place in the stock first (carrots and cauliflower) and then keep adding them until you are left with the courgettes which will take the shortest time to cook.
- Mix in enough pesto to your desired taste.
- Pile the vegetables neatly into a large pasta bowl (2 pieces of each vegetable, 5 sugar snaps and a handful of broad beans per serving) and pour over the delicious stock. There is meant to be quite a lot of broth so don't be too stingy!
- Place the sea bass on top of the vegetables and finish the dish with a generous dollop of aioli.