





Fillet of sea bass with a scallop and chorizo sauce vierge, served with lemon crushed new potatoes and sautéed green beans

This is always a popular dish, probably because of the way the flavours combine. If you have a beautifully flavoured seabass, the last thing you should do is to swamp it with a strong sauce. It's much better to let the fish take care of the flavour.

Ingredients

Serves two

Sea bass (pinboned) - Four
200g fillets

New potatoes - 500g

French green beans - 12 per
person

Lemons - Juice and zest of 2

Dressing

Scallops - 4 (diced)

Chorizo sausage - 50g

Basil - 1/2 bunch

Coriander - 1/4 bunch

Chervil - 1/4 bunch

Red cherry tomatoes - 12

Extra virgin olive oil - 500ml

For the sauce vierge, fry the scallops briskly, then do the same with the sliced chorizo sausage. Infuse both into olive oil with lots of fresh herbs - basil, coriander and chervil. This should be done in advance.

Blanch cherry tomatoes for about 10 seconds in boiling salted water, refresh in ice cold water, then peel off the skin. Add to the sauce vierge.

Parboil new potatoes until tender. Peel the potatoes, add a touch of olive oil to the pan and heat the potatoes through. Add lemon juice and some lemon zest. Finish with chopped parsley.

Add vegetable oil to a heavy bottomed pan, heat until

piping hot, then seal the sea bass on the skin side for 30 seconds. Flip and seal for another 30 seconds before turning once more to leave the skin side down. Add a knob of butter and cook for about four minutes. To garnish the sea bass we've used deep-fried leek julienne.

Blanch green beans for a minute in salted boiling water. Finish in the same pan as used for the sea bass. Finally add a knob of butter and a squeeze of lemon juice.

Recommended wine: Pouilly Fumé, Regis Minet, 2004 (Loire)