

GRILLED SEA BREAM

Christmas Specials 2024
Fish Section
Main Plate

- 1 each Seabream fillet 130-150g
10ml Olive oil and 1 pinch Table salt
- 2 x 25g Braised fennel DK
- 60ml Champagne velouté DK
- 1g Dill
- 10g Tomato concasse
- 100g Confit new potatoes DK
*20ml Olive oil and
1 pinch Maldon salt and pepper*
- 1g Basil chiffonade

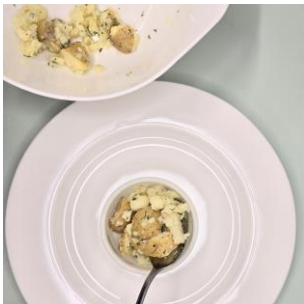


PREP JOBS

1. Prepare tomato concasse by removing the eye, scoring the top of the tomato, blanch in boiling water for 15 seconds then place in ice water. Remove the skin, cut into quarters and remove the seeds, proceed to dice into 5-8mm dice
2. Cut cooked fennel into 25g wedges
3. Trim edges off sea bream so you have a nice shaped fillet

METHOD

1. Season sea bream and place on a tray (skin side up) alongside the fennel, drizzle with olive oil and cook it under salamander until lightly browned
2. In a microwavable bowl crush the confit potato and mix with salt and olive oil then microwave for 90 seconds, finish with basil chiffonade
3. Place potatoes inside ring on the centre of the plate and gently press down
4. Heat up the champagne velouté then add the tomato concasse and pour it around the potatoes mix
5. Place cooked sea bream on top of the potatoes, followed by fennel and garnish with fresh dill



SAFETY STEPS

1. Use a blue chopping board to prepare sea bream.
2. Use a clean designated ring for crushed potatoes.