



Pudding Pie

Cookery School

Cookery parties and courses to suit all ages

01295 713705 - Cook@puddingpie.co.uk - www.puddingpie.co.uk

Pan-fried Seabass with Fennel & Chorizo

serves 2

6 tbsp olive oil

4 baby fennel

20g chorizo, sliced

10 black olives (optional)

8 semi blushed cherry tomatoes

1 pinch black pepper

½ clove garlic, chopped

10g leaves basil

30g butter

2 sea bass, skin on, but pin boned

For the aubergine confit

½ aubergine

50 ml olive oil

2 shallots, chopped

½ clove garlic, chopped



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- For the confit, set the oven to 180C/gas4. Slice the aubergine, sprinkle a little salt all over and leave for half an hour to release it's moisture.
- Place on a roasting tray with the olive oil, shallot and garlic, and roast for 30 minutes. Remove and leave to cool in the roasting tray.
- Bring a large pan of water to the boil and cook the fennel for three minutes, and then drain.
- Heat 3-4 tsp olive oil in a pan, add the chorizo, fennel, tomatoes and aubergine and season well.
- Add the garlic and cook slowly for about two minutes to cook the chorizo. Add the chopped basil and season again if necessary.
- While this is cooking, heat the remaining olive oil in a non-stick frying pan and season the bass fillets on each side. Add the butter and warm it until it is nutty brown. Add the bass fillets skin side down and cook quickly for about two minutes. When the skin is golden brown and crispy, turn over and remove the fish from the heat.
- Arrange the confit in the middle of the plate and place the sea bass on top. Garnish with sprigs of fresh basil and serve.