

Award Winning Head Chef Gary Malcolm (pictured) from the Fox and Hounds, Coxbench has given us a lovely light summer fish dish for this months recipe.



GRILLED SEABASS FILLETS WITH A CRAB AND POTATO SALAD SERVED WITH A DILL BUTTER SAUCE AND MUSSELS

Ingredients [For 2 persons]



- 2 x 400gm Sea Bass
- { ask your fish monger to fillet and scale }
- 1 x 250gm of Dressed Crab
- 1 x Banana Shallot finely chopped
- A good bunch of Dill chopped
- 1 x large baking potato diced
and cooked till tender
- 200gm of cooked mussels
- 150 ml white wine
- 125gm unsalted butter diced

Potato Salad

Gently fry half the banana shallot in olive oil add cooked potato, crab meat and dill
- keep warm & season to taste

Butter Sauce

Put the white wine and other half of the banana shallot in a small saucepan reduce by half, gradually add diced butter while whisking over a low heat until all the ingredients are mixed together. Add some chopped dill and the mussels. Keep warm do not boil

Sea bass

Gently score the skin with a sharp knife all down the fillets just below the skin as this helps the fish cook evenly and adds to the presentation. Place the fillets on a buttered grill tray, brush the fillets with melted butter, grill for approximately 4 min on full until the skin starts to bubble, remove from the heat

To serve

Place two lines of the warm potato salad onto large dinner plates, place the sea bass on top and cover with the butter sauce. Now sit down and enjoy.