



The last of the Sea Bass fillets, they were a real treat for us! We had the remaining fresh Coriander in the fridge which was beginning to look a bit tired, so this was another take on an Asian style Fish dish with a Mediterranean twist.

Ingredients:-

15g of Chinese Dried Mushrooms
1 Tbsp of Thai Fish Sauce
2 Tbsp of Soy Sauce
3 Tbsp of Brown Sugar
2 Tbsp of Lemon Juice
2 Tbst of drained Capers
2 Garlic Cloves, thinly sliced
1 Red Chilli, finely chopped
1 Shallot, finely chopped
Coriander leaves to garnish
A Slug of Apple Juice
A little Tomato Puree
4 Seas Bass Fillets
Margarine
Oil to fry
Salt & Pepper

Method:-

- (1) Soak the Mushrooms in hot water for 20 minutes.
- (2) Drain and slice thinly.
- (3) Pour the Mushroom water into a pan and add the Fish Sauce, Soy Sauce, Sugar, Lemon Juice, Apples Juice, Tomato Puree and Capers.
- (4) Bring to the boil and then reduce the heat to a simmer.
- (5) Sautee the Chilli and Shallot in a little Margarine until the Shalott is softened and add to the sauce.
- (6) Add the Oil to a large frying pan and heat to 190c.
- (7) Season the Sea Bass on both sides.
- (8) Place the Sea Bass skin side down in the frying pan and fry for one minute.
- (9) Turn over and fry for another minute.
- (10) Place in a warm oven.
- (11) Heat oil in a fresh frying pan and fry the Garlic, Chilli and Ginger over a low heat for a minute.
- (12) Add the sliced Mushrooms etc.
- (13) Place the Sea Bass on a warmed plate, spoon over the sauce, add the fried mushroom mix over the Fish and garnish with a slice of Lemon and a little fresh Coriander.

We served ours on a bed of Pumpkin and Sweet Potato mash (This was a pack which was destined for composting and was well past it's use by date!) and Bhaji coated Potato wedges. All very odd flavour combinations, but it worked well...