

Seared Fillet of Sea Bream
Served on a Provençal Vegetable Tart
With Roast Red Pepper Dressing
And Basil Pesto
4 Persons

Ingredients

20mls Olive Oil
Finely Chopped Red Onions
Crushed Garlic
Diced Mixed Peppers
Diced Courgettes
Diced Aubergine
100mls White Wine
20 gms Tomato Puree
200mls Tomato Passatta
20 gms Chili Sauce
Salt and Mill Pepper

Puff Pastry

2 Fillets Sea Bream

Provençal vegetable Tart

Method

1. Pin out the puff pastry 3mm thick and allow to rest.
2. Heat the Olive oil in a pan and add the chopped red onions and garlic and cook for 2 mins, add the courgettes and aubergines and continue to cook gently for further 2 minutes.
3. Add the white wine and allow to cook gently until reduced, add the tomato Puree, Passatta and the Sweet Chili Sauce and cook until soft, correct the seasoning and allow to cool.
4. Cut out a puff Pastry round approx 3” Diameter and lay on your baking tray
5. Sit smaller ring on top of pastry leaving ¼ “ on the outside and spoon the cold Provençal mixture into the ring, remove ring and brush edges of the pastry with egg wash.
6. Bake in a hot oven 180oC for approx 8 mins until crisp and golden.

Wilted Spinach

Ingredients

100gms Picked and washed Spinach
10mls Olive Oil
Squeeze lemon Juice
Salt & Pepper
Nutmeg

Method

Heat the oil in a pan, add the cleaned spinach and gently cook for 10 seconds. Season with salt, pepper, nutmeg and a squeeze of the lemon. Drain out any excess juices.

Roast Red Pepper Dressing

Ingredients

1 red pepper
10mls White wine vinegar
20mls Tomato Ketchup
10mls (1/2 tsp.) sweet chili sauce
30 mls warm water
30mls vegetable oil

Method

1. Pan roast the red peppers in a pan with a little vegetable oil in the oven until cooked and well blistered, remove from the oven and place in a plastic bag and allow to cool, remove the charred skin and cut into neat strips discarding the seeds.
2. Place pepper in a blender and add the ketchup, vinegar and sweet chili sauce, Blend until smooth and add the warm water, with the blender running add the vegetable oil and season with a little salt if required.
3. Pass through a fine sieve and keep for service.

Assembly

1. Heat a non stick pan and add a little vegetable oil, place in the seasoned sea bream fillets skin side down and cook till skin is crisp approx 2 mins, turn over and put a little butter in the pan to gently finish the cooking.
2. Place the warm tart in the middle of the plate and add the spinach.
3. Place on the sea bream skin side up.
4. Spoon around the red pepper dressing with a little pesto and top the bream with a little shoot leaves.