



Sea bass, curry broth, pak choi and lime

Method

1. Trim the sea bass fillets and score the skin. Set the sea bass fillets aside, skin side down on a clean tea towel until needed.
2. Finely slice the shallot. Remove the seeds from the chillies and slice into rings. Peel and roughly slice the garlic and the ginger into fine matchsticks.
3. Heat the vegetable oil in a frying pan. Gently cook the garlic, ginger, chilli and shallot until softened. Add the dry spices.
4. Gently allow the spices to cook out in the oil, this will release the aromas and flavours of the spice.
5. Deglaze the pan with the soy sauce and add the chicken stock and the honey. When the stock has come to the boil, reduce the heat and allow to simmer for 20 minutes.
6. While the broth is simmering, finely slice the baby sweetcorn, spring onion and coriander. Zest and juice the limes. Slice the pak choi in half. Keep them all separate until later.
7. After 15 minutes of the broth simmering, bring a pan of water to the boil. When the water is at a rolling boil, drop in the pak choi and turn off the heat. Allow the pak choi to sit in the water while you cook the fish.
8. In a hot frying pan with about two dessertspoons of vegetable oil, lay the fillets of sea bass into the pan away from you, to avoid splashes of hot oil. Allow the skin to crisp up and reduce the heat so the fish cooks mostly from the skin side. Turn the fillets over to finish the cooking.
9. Remove the broth from the heat, and add the sliced baby sweetcorn, lime juice and lime zest. Drain the pak choi.
10. To plate the dish, place the pak choi in the middle of a deep bowl. Ladle the broth around the pak choi. Place the fish on top and sprinkle with black sesame seeds, spring onion and fresh coriander.



Ingredients

- 4 sea bass fillets
- 50g finely sliced shallot
- 20g sliced red and green chilli
- 30g sliced ginger
- 3 cloves of garlic
- 3 dessertspoons olive oil
- 1 teaspoon madras curry powder
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon paprika
- A pinch of cinnamon
- 1 dessertspoon soy sauce
- 600 ml chicken stock
- 2 teaspoons honey
- 3 limes
- 2 heads of pak choi
- 8 baby sweetcorn
- 4 spring onions
- Small bunch of fresh coriander
- 20g black sesame seeds