

Roasted sea bass pavé, citrus sauce, horse beans and green peas fricassée with bacon

Recipe for 4 persons

Description

Pan roasted sea bass pavé, serve with horse beans and green peas cooked with smoked bacon, garnish with a citrus reduction montée with butter.

Ingredients

For the sea bass

- 4 Unit(s) Sea bass pavé
- 150 Ml Orange juice
- 100 Gr Butter
- 1 Unit(s) Lemon

- Olive oil
- Salt and pepper

For the fricassée

- 2 Unit(s) Italian tomatoes
- 1 Unit(s) White onion
- 150 Gr Smoked bacon
- 200 Gr Frozen shelled horse beans
- 200 Gr Frozen green peas
- 4 Sprig(s) Thyme
- 4 Sprig(s) Parsley

- Olive oil
- Salt and pepper

Preparation

- Preparation time **30.00 mins**

For the preparations

Wash the tomatoes, empty it and dice finely the flesh. Dice finely the onion. Cut the bacon in small cubes. Squeeze the lemon and strain it. Cut the butter in cubes and reserve it in the fridge.

For the fricassée

In a dry hot pan, sear the bacon until it gets crispy, add the onions and cook it 2 more minutes. Put the tomatoes, the thyme and a pinch of salt, and cook it 3 minutes on a low heat. Add the peas and the beans. Pour a glass of water on the top. Cook it a few minutes more until the liquid get absorbed.

For the sea bass

In a hot pan with olive oil, sear the sea bass on the skin side for 2 minutes, and season the flesh side. Flip it and cook it 1 minutes on the other side. Put it on a baking tray with a parchment paper and put it in the oven for 6 to 8 minutes.

For the sauce

In a sauce pan, bring the orange juice to boil and reduce it to 3/4, remove from the stove and monté with the butter gradually with a whisk. Add the lemon juice and fix the seasoning.

For the plating

In a big plate, put the fricassée in the middle with a table spoon, the pavé on the top and the pick parsley. Garnish with the sauce around.

Bon appétit!