

# Seabass fillet with crispy scales, squash variations and a Nantua sauce

## Recette pour 4

### Description

A way of working fish from A to Z, a great recipe to boot!

### L'idée déco

The fish will cook quite fast so make sure everything else is ready before starting to cook the filets.

### Ingrédients

Ingredients

- 2 Unit(s) Bar fillet
- 1.50 Kg Butternut squash
- 2 Clove(s) Garlic
- 30 Ml Honey
- 1 Sprig(s) Savory
- 1 Unit(s) Lemon
- 1 Pinch(es) Espelette pepper
- 1 Pinch(es) Paprika
- 300 Ml 35% cooking cream
  
- Butter

### Préparations

Temps de préparation **45.00 mins**

Preparation

The bass

Make sure the fish is empty and clean, rinse it gently with cold water.

For this recipe, it is interesting to keep the scales. Remove the filets from the bass and then make incisions on either side of the pin bones to remove them. Be gentle as the flesh is fragile. Make sure to keep the head and pin bones to make a fish stock.

Nantua sauce

Reduce the shellfish stock seen in the class and add the cream. Let it cook for several minutes to thicken and then season to taste with salt and pepper.

Preparation

Peel the squash and cut the flesh side into a nice small brunoise (cubes).

Cut the other half of the squash into large cubes.

Peel and mince the garlic and pluck the savory leaves.

## Réalisations

### Squash sautée

In a hot skillet with oil, sauté the small squash cubes for 2 minutes, then add the garlic and savory. Remove from the heat and season to taste with salt and pepper. Cover and let cook until tender.

### Squash purée

In a sauce pot with salted boiling water, cook the large cubes of squash until tender enough to blend into a purée. Once cooked, transfer to your blender with butter, paprika, pepper and lemon juice. Blend until smooth and then season to taste.

### Bass filets

In a very hot skillet with canola oil, sear the filets, skin side down. Press lightly on the flesh side with a spatula to eliminate air pockets. Season the flesh with salt and pepper. Turn the filets over and remove from the heat. You are ready to serve.

## Plating

In the center of a deep plate, place a nice bed of the squash and savory cubes. Top the bed with a filet of the bass. Beside the fish, place a nice spoon of squash purée and with the back of a spoon give it a nice form, like a comma.

Drizzle the fish with the Nantua sauce and feel free to drizzle some around the plate as a decoration.

Garnish with young sprouts.

**Bon appétit!**