

Pan-Seared Sea Bass Fillet, squash variations and a Nantua sauce

Recipe for 4

Description

Learn the essential techniques for preparing a whole fish like a chef: carefully fillet the sea bass, remove the pin bones, trim the fillets, and dry them thoroughly before cooking. Master precise cooking techniques to achieve delicate, juicy flesh that remains slightly translucent at the center.

An elegant and approachable recipe that lets the quality of the fish shine and teaches you how to achieve restaurant-quality results at home.

Note

- Use a very sharp filleting knife with a thin, flexible blade. Keep the blade as close to the center bone as possible to recover the maximum amount of flesh without damaging the fillets.
- Take the time to remove every pinbone with fish tweezers. Gently run your fingertips over the flesh to locate them more easily.
- Avoid rinsing the fillets unnecessarily under running water. Clean them gently, then pat them thoroughly dry with a paper towel. A wet fillet will steam in the pan instead of searing properly.
- Remove the fish from the refrigerator approximately 10 to 15 minutes before cooking to prevent an excessive temperature shock.
- Season the fish immediately before cooking. Salting it too far in advance may draw out some of its moisture.
- Heat the pan before adding the fish. It should be hot enough to sear the fillet without smoking, as excessive heat could burn the outside before the center is properly cooked.
- If the skin is left on, begin cooking the fillet skin-side down. Place it in the pan and press it gently for a few seconds to keep it flat.
- Cook the fillet primarily on the first side. Carefully turn it over, then finish cooking it very briefly on the other side.
- Sea bass is at its best when the flesh remains slightly translucent at the center. It should flake easily while remaining tender and juicy.
- Remove the fish from the heat just before it reaches the desired doneness. The residual heat will continue cooking it for a few moments.
- Keep the head and bones to prepare a fish stock. Be sure to remove the gills and any traces of blood, as they could give the stock a bitter taste.

Ingredients

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- 2 Unit(s) Sea bass 700 gr
- 1 Small 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

- 150 Ml 35% cooking cream
- Butter

Preparation

- Preparation time **45 mins**

Preparation

The bass

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

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 sautéée

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 spoonful 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!