CHILEAN SEA BASS WITH TOMATO FENNEL BROTH

INGREDIENTS

4 no Chilean sea bass, steak 170gm

400gm tomato

200gm Fennel Bulb, cut in wedges

200gm Carrots, thick slices

12gm Garlic, crushed

20gm Thyme

20ml vinegar

40ml Lemon, juice

12gm Parsley, chopped

10gm Basil

100gm Edamame, blanched

40gm Sugar Snap Peas, blanched

200gm Baby Carrots, blanched

40gm Watercress, cleaned Salt, to taste

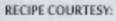
METHOD

- 1. Marinate the sea bass with salt and keep aside.
- TOMATO WATER Line a fine mesh sieve with cheesecloth, set over large bowl. Pulse tomato shallot garlic basil parsley vinegrette, and salt in a food processor until coarsely
- Transfer mixture to prepared sieves .Cover and chill at least 12 hours. discard cover tomato water and chill.
- 4. Steam the sea bass until cooked through.
- Blanch all the vegetables and refresh and add it to the stew at the last minute.
- To assemble the dish, pour the stew into the bowl and arrange the vegetables neatly. Place the sea bass over the stew and the confit onions adjacent to the sea bass.

Garnish with watercress and a few drops of olive oil.

NUTRITION FACTS

Kcals 340 Fat 5.5g Protein 45.65g Carbs 27.5g



PARK HYATT, CHENNAI

