

## 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.
2. 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
3. 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.
5. Blanch all the vegetables and refresh and add it to the stew at the last minute.
6. 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.
7. Garnish with watercress and a few drops of olive oil.

### NUTRITION FACTS

Kcals	340
Fat	5.5g
Protein	45.65g
Carbs	27.5g



RECIPE COURTESY:  
PARK HYATT, CHENNAI