

PAN FRIED CRISPY SEABASS, JERSEY ROYALS WITH A CAPER DRESSING AND PARMESAN PEAS

Ingredients:

1 or 2 fillets of sea bass per serving
Plain flour to dust (or just dry skin well)
Salt and pepper
Olive oil to fry
4 – 6 x medium size Jersey Royals per serving
Extra virgin olive oil
4 sprigs of fresh rosemary
125g frozen peas per serving
Knob of butter
50gr Parmesan cheese – finely grated
Pea shoots or watercress to finish
Maldon sea salt and black pepper

For the dressing:

3 tbsp extra virgin olive oil
1 lemon – grated zest
2 tablespoons lemon juice
2 tablespoons small capers
2 teaspoons Dijon mustard
2 teaspoons chopped flat-leaf parsley

Method:

In advance:

Gently clean the potatoes in cold water and remove any dirt but leave the skins on if you like for extra flavour. Add to a pan of cold water with a good pinch of salt, bring to the boil and simmer for 10 to 15 minutes (depending on their size). They should be soft enough to slide a sharp knife in but still firm. Drain and let these cool. You can do this in advance and pop them in the fridge until you are ready.

To make the dressing, mix the oil with the lemon zest and juice, capers, mustard, some seasoning and 1 tbsp water. Don't add the parsley yet (unless serving straight away) as the acid in the lemon will fade the colour if they are left together for too long.

Ready, steady, cook:

Slice the potatoes into half centimetre thickness in rounds and toss gently in some extra virgin olive oil. On medium heat take a large non-stick frying pan to warm and arrange the potatoes so they each have contact with the pan and allow to sauté gently in the pan and keep turning these to get golden all over, this may take around 10 – 15 minutes. While these are cooking (watch they don't burn) you can prep your fish.

For the fish, ensure scales and bones are removed (this should be done by fish monger or if you buy in supermarket). Dab the skin dry with a paper towel and make shallow slits in the skin with a sharp knife – this helps to stop the skin curling up in the pan.

Boil some water ready for your peas and finely chop your rosemary.

Dust the skin with flour just before frying. In a non-stick frying pan on a low to medium heat add a glug of olive oil and put the fish in skin side down – hold it gently with fingers to stop it from curling up so the skin is in contact with the pan. Then let it sit there and season the flesh with salt and pepper, it will crisp up gently – after a few minutes turn to a medium to high heat then to help it go golden – when it has gone lovely and crisp and it looks 80% cooked (depending on the thickness of the fillets, maybe 3 – 5 minutes) – literally just flip the fish onto the flesh and turn of the heat. After 30 seconds lift out the fish still on its flesh and lay on a clean tray to rest.

Once your potatoes and fish are a few minutes away from being done. Pop your peas into a pan of boiling salted water and simmer for 2 – 3 minutes or as instructions. Drain these and put them back into the pan with a knob of salted butter and add your parmesan, give this a little mix and let these sit for a minute keeping warm.

Finish your potatoes by lifting them from the oil into a clean bowl, sprinkle of rosemary and Maldon sea salt and give these a toss to allow the flavours to mix.

To serve:

Using warmed plates, dress with the fish – crispy skin side up, a ramakin for the peas and arrange your potatoes alongside with a handful of pea shoots/watercress if you like.

Take your caper dressing with the parsley now added and spoon over or around the fish and the salad for an extra zingy dish.