

Recipe

Sea bream fillets with scented truffle oil

Serves 4



INGREDIENTS

800 g sea-bream or sea bass fillets
8 tablespoons extra virgin olive oil
Juice of ½ lemon
2 cloves garlic finely chopped
Salt and freshly ground black pepper
Truffle flavoured oil
or estate bottle extra virgin olive oil
Handful of parsley finely chopped



This simple fish recipe can be adapted to cook sea bass but most fish fillets lend themselves well to the recipe; your fishmonger will fillet the fish for you if you ask. A good quality non-stick frying pan is a great help when cooking delicate fish fillets. Sward fish and tuna fish steaks can be marinated in the same way (try adding some fresh thyme) and then cooked on a griddle on the barbeque. Serve with new potatoes tossed in chopped fresh herbs, lemon juice and olive oil and a light salad of rocket, finely sliced fennel, raw thin purple asparagus spears tossed in a dressing of extra-virgin olive oil, lemon juice and salt and pepper.

1. Put the olive oil, lemon juice and chopped garlic in a screw top jar and shake well.
2. Arrange the fish fillets in a shallow dish and pour the marinade over the top and leave covered for 4 – 5 hours or as time allows. Turn once during this time.
3. Heat a non-stick pan and fry the fish fillets on both sides until golden.
4. Transfer to serving plates.
5. Add salt and pepper and drizzle with truffle oil or a good quality extra virgin olive oil.
6. Sprinkle with chopped parsley and serve at once.



Cook and food writer Lindy Wildsmith runs the g2club, holding regular demonstrations and hands-on cookery courses at the Orles Barn Hotel in Ross-on-Wye. She also hosts cookery classes with Franco Taruschio and James Summerin at the Chef's Room Blaenavon

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