TAYLOR & COLLEDGE

Seabass with Vanilla Sauce and White Onions



Preparation: 45 mins
Portions: 4 Portions

Ingredients

Utensils

For the sauce

50 g Unsalted butter
3 Shallots
200 ml White Wine
200 ml White Port Wine
500 ml Fish Stock
200 ml Whipping Cream
100 ml Crème Fraîche
4 tsp Taylor & Colledge Vanilla Bean Extract

For the onions

200 g
Onions
20 g Unsalted butter
50 ml White Wine
2 Flat-Leaf-Parsley

For the pea puree

300 g Frozen Garden Peas
2 Shallots
200 g Unsalted butter
100 ml Whipping Cream
about 1 g Ground Nutmeg

For the fish

4 tbsp Olive Oil
30 g Cornflour
4 Sea Bass Filets with Skin
2 pinch Thyme Leaves
Clove Garlic
20 g Unsalted butter

Preparation

1. Melt the butter in a medium saucepan. Peel and finely slice the shallots, then sauté for 2–3 minutes until translucent. Deglaze with white wine and port wine; reduce completely. In a second saucepan, reduce the fish stock to approx. 100 ml. Add the reduced stock to the shallots. Add cream and crème fraîche, blend with a hand blender. Pass through a fine sieve. Refine with Taylor & Colledge Vanilla Extract and season with salt.

2. Preheat oven to 160 °C fan. Spread coarse sea salt in a casserole dish; place onions on top. Bake 30–45 minutes (depending on size). Let cool slightly, quarter the onions, remove peel and stems. Heat onion quarters gently with butter and white wine. Add chopped parsley and season with salt.

3. Cook peas in salted water for 5–6 minutes until very soft. Peel and thinly slice the shallots; sauté in butter for 2–3 minutes. Add cream and reduce by half. Drain the peas and blend with the cream mixture until smooth. Season with salt and nutmeg.

4. Heat vegetable oil in a pan over medium heat. Lightly flour the skin side of the seabass fillets with the cornflour. Place fillets skin side down, pressing gently so they stay flat. Fry for about 4 minutes, without turning. Add butter, garlic and thyme. Turn the fish and let it cook through .Season with salt. Froth the sauce briefly before serving.