

Pan-Fried Gilthead Bream



Serves: 4 (starter size)

Profitability:

Steps:

BREAM

- Heat a heavy duty frying pan. Add the sunflower oil and place the gilthead bream fillets in to the pan. Sear until the skin is crispy.
- Turn and cook for 1 minute or until the fish is cooked.

PEA PANCAKES

- Drain the peas and in a food processor, combine peas, egg yolk, cream, and flour to form a smooth batter. Refrigerate until required.
- Melt the butter in a sauté pan. Place 1 tbsp of batter for each pancake in the pan and cook on both sides until the edges are brown. Drain on kitchen paper and keep warm.

LIGHTLY SPICED AUBERGINE PUREE

- Cut the aubergines in half lengthwise, brush with olive oil, lie on a baking sheet and roast for 30 minutes. Remove from oven and cool.
- Once cool, scoop pulp away from the skin, discard the skin. Heat the olive oil in a large frying pan and sauté the onions until translucent. Add the garlic and continue to cook for one minute. Do not allow the garlic to brown.
- Add the cumin, honey, salt and pepper and aubergine pulp, mix well and set aside to cool. Add the spring onions and coriander, place in a container until ready to use.

To Serve:

Put a warm pea pancake in the centre of a pre-heated dinner plate, place a spoon of aubergine purée on top and then the gilthead bream and serve.

Ingredients:

BREAM

Gilthead bream fillets 50g x 4

Sunflower oil 2 tbsp

Sea salt and freshly ground black pepper to season

PEA PANCAKES

Peas 225g fresh or frozen (cooked until tender)

Egg 1

Egg yolk 1

Double cream 112ml

Plain flour 3 tbsp

Butter 2 tbsp

Salt and freshly ground black pepper to season

SPLICED AUBERGINE PUREE

Fresh aubergines 500g

Sun-dried tomatoes 2 tbsp

Small onion 1 finely diced about 50g

Spring onions 2 chopped

Garlic clove 1 finely diced

Ground cumin to taste

Fresh coriander 1 small bunch, chopped

Honey 1 tsp

Author: Peter Gorton