

SCOTT'S

RICHMOND

RECIPE OF THE MONTH  
MAY



**FILLET OF WILD SEABASS**  
*with English peas, Jersey royals and lemon butter sauce*

*This light, vibrant dish captures the best of the British early summer. Wild seabass pairs beautifully with the sweetness of English peas and the delicate earthiness of Jersey Royals. A drizzle of lemon butter sauce ties everything together, offering a simple yet luxurious taste of the season.*

# FILLET OF WILD SEABASS

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## **Ingredients** *(Serves 4)*

- 4 x 160g Wild Seabass portions
- 1kg Fresh English peas
- 150ml Vegetable stock
- 500g Jersey royal potatoes
- 2 Lemons
- 150g Butter
- 1 Bunch mint
- 1 Bunch dill
- Wild garlic (Optional)

## **Method**

- To make the pea purée take 300g of your de-shelled peas, 150ml of vegetable stock, 5g salt, and 10g of wild garlic or mint and bring to a boil in the stock. After 1 minute at the boil transfer to a blender and blend until smooth.
- Once you have a smooth vibrant green pea purée, transfer the purée to a bowl set over ice and mix until it's cooled down.
- Wash your Jersey Royals to remove any dirt or grit that may be on the outside of them. Add them to a pot with half a bunch of mint, half a bunch of dill, and salt.
- Cover them with cold water. Bring them to a boil and turn the pot down to a simmer and cook until tender. Timing may vary on the size of the potatoes.
- Cut into the desired shape, or alternatively leave them whole.
- Reserve some of the potato cooking liquor to make your butter sauce later.
- Make your lemon butter emulsion by boiling a bit of the potato liquor and the juice of 1 lemon, slowly adding the remaining butter. Season with salt and finish with chopped mint and dill.
- In a medium hot pan with 50ml of veg oil, place your seasoned seabass fillets skin side down and cook for 3-4 minutes.
- Turn the fish over and add a 10g of butter for the final minute of cooking.
- Assemble the plate with pea pure in the base, followed by your warmed peas and potatoes. Topped with the cooked portions of wild seabass and a generous serving of lemon butter sauce.