



Cook Your Catch

Fillet of Bass

with a Herb Crust and Tomato & Olive Sauce

Learn how to fillet with our master chef, as he prepares a tasty bass dish.

INGREDIENTS

(serves one to two)

One small whole sea bass, filleted

2-3 fresh tomatoes, skinned, de-seeded and cut into small cubes

3-4 oz bread crumbs

Small bunch of finely chopped fresh tarragon

4oz butter, cut into small cubes

Half a teaspoon cumin powder

White and green of one leek, finely sliced

8-10 chopped black olives

Third of a glass of white wine

Half a teaspoon white wine vinegar

Half a teaspoon of root ginger

One clove of garlic

One small onion, cut into rings

Juice of one lime

Extra virgin olive oil

METHOD

01

Place half the tarragon, the bread crumbs and about 1oz of the melted butter in a large bowl, mix well and place on to flesh side of the fillets. Bake in the oven for 8-10 minutes at electric 170/gas mark 5.

02

Meanwhile, cook the leeks with the cumin in a little olive oil and leave to one side.

03

Cook the onion, ginger, garlic and lime juice in a little butter until soft. Add the vinegar then the wine and cook for a few minutes to reduce. Add the olives, then the rest of the tarragon, the butter and then the tomato and cook for a few more minutes.

04

Place the cooked leeks in the centre of a plate, add the fish and then carefully pour the sauce around it. Finish with a good dash of extra virgin olive oil.

With its wonderful aromas, this dish is an absolute delight to cook and share with your friends! Remember that there is a close season for bass, so wait until after that before you try this dish. Happy cooking and tight lines!

TOP TIPS

01 Never attempt to fillet frozen fish as you will have to apply more pressure and this could be a dangerous experience, especially with a sharp knife.

02 To remove the skin from a tomato, simply remove the eye, make a cross-shaped cut in the bottom and place it into boiling water for about eight seconds and then into ice cold water. The skin should peel off easily.

I must say a big thank you to all the readers who've sent me their kind comments and expressed their interest in the food column. It really is very much appreciated. There have been a lot of enquiries regarding filleting, so I'll cover that this month.

Filleting a round fish is straightforward as you can see from the pictures below. You'll need a good pair of kitchen scissors, a sharp filleting knife and a chopping board. Slip a damp J-cloth under the board to stop it slipping.

For this fish I am leaving the skin on one side and removing it from the other so I am showing you here how to remove the skin simply by pinching the tail with some salt which helps to ensure a good grip and slice the knife under and cleanly off. If you want you can place the fish bones in to a pot and cover with cold water and boil and then simmer for 20 minutes, skimming off all the foam and impurities. The resulting stock forms the basis of a really good sauce.

HOW TO FILLET YOUR BASS



01

First scale your fish under cold water as this will reduce the amount of scales flying about. Use the back of your knife and carefully scrape once. When filleting fish it's very important to always cut away from you, that way you will reduce the chance of cutting yourself.



02

After scaling, place the fish on the board and remove the fins, as this will make the filleting easier. Now cut open the belly and remove the intestines. Next, cut at a 45degree angle just behind the head and after the gill to the bone on both sides.



03

Now make an incision and cut evenly all the way down be careful not to slash at the flesh.



04

Then run the knife from top to the bottom evenly and remove the fillets.



05

Now the fish is ready for cooking and I have a lovely tasty dish for you and can be a great starter for two a main course for one.