

## Pan-fried bass served with cauliflower purée, jasmine and green tea infused vegetables 2

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Recipe by

*Recipe by Chef Anupam Banerjee*

*Created for Dilmah Chefs & the Teamaker in Colombo in May 2014*

**Serves: 1**

***Ingredients:***

*Pan-fried seabass*

100g sea bass steak

5g butter

2g salt

2ml olive oil

### *Cauliflower purée*

200g cauliflower

200ml milk

1/2 tsp salt

1/4 tsp white pepper

1 tsp unsalted butter

### *Jasmine and green tea infused vegetables*

1 no. baby carrot, peeled and slit into 2

1 no. turned beetroot

2 no. turned potato

2 no. asparagus spears

5g Dilmah Green Tea with Jasmine Flowers

300ml vegetable stock

10g butter

### *Warm potato chive salad*

1 tbsp diced potato, boiled

1 tsp chopped shallots

1 tsp olive oil

1 tsp chopped chives

1 tsp soft butter

2g salt

### *Lobster foam*

200ml lobster bisque

5ml saffron water

3g salt

### *Balsamic glazed Cipollini onions*

1 no. baby white onion

20ml balsamic vinegar

3gsugar

### *Pickled baby onions pearls*

1 no. baby white onion

20ml red wine vinegar

20ml water

20g sugar

### ***Preparation:***

#### *Pan-fried sea bass*

Heat a non stick pan, melt the butter, add olive oil and warm it up.

Dab the fish dry kitchen towel, season ,place skin side down and slow cook to achieve a crisp skin.

#### *Cauliflower pur  e*

Place trimmed cauliflower and milk in a deep-bottomed pan boil until the cauliflower is tender and cooked through.

Season with salt and white pepper, add the butter.

Strain the cauliflower, and blend to form a smooth thick pur  e.

Spoon onto the plate and serve along with the sea bass.

#### *Jasmine and green tea infused vegetables*

In a pan bring the vegetable stock to a boil, remove from heat and add the tea leaves.

Allow to steep for 5 minutes, strain.

To the tea infused stock add the vegetables and butter.

Vacuum pack the vegetables individually with the tea liquor.

Cook sous-vide at 70  Cfor 30 minutes.

Serve with the cauliflower pur  e.

#### *Warm potato chive salad*

In a pan, saut   the chopped shallots to a pale pink with the olive oil.

Take the pan off the flame, add the boiled potatoes, chopped chives and soft butter.

Season with salt and mould( take care the potato salad is warm).

#### *Lobster foam*

Bring the lobster bisque to a boil add saffron water, season and froth using a hand blender.

### *Balsamic glazed Cipollini onions*

In a pan, reduce the balsamic vinegar with sugar and onion till it glazes the onion completely and is almost evaporated.

Cool and serve with the tea steeped vegetables.

#### *Pickled baby onions pearls*

In a pan, reduce the vinegar with sugar, water and onion, till the onion becomes soft and turns pink.

Cool , remove the top two layers and serve along with the tea steeped vegetables.

#### *Assembly of the plate*

Mould the potato and chive salad on the left side of the plate.

Spoon a dollop of warm cauliflower puree on the right and pull away.

Arrange the tea steeped vegetables on the cauliflower puree, garnish with baby herbs, baby arugula leaves and flying fish roe.

Place the pan-fried fish on top of the potato chive salad.