



LOCAL SEA BASS ON A CRAB CAKE WITH A ZINGY PINEAPPLE SALSA

Make the most of our local waters around Guernsey and the abundant choice of seafood. This recipe uses sea bass, but you could easily use any local fish such as sea bream or pollock. You can also buy and freeze fish when it's on special offer. Cooking it on the bone is best for flavour or ask the fish monger to fillet it if you prefer.

INGREDIENTS

4 fillets of local fish such as sea bass, pollock or sea bream

FOR THE CRAB CRUSHED POTATOES

250g peeled boiled potatoes, mashed

50g fresh local crab meat - optional

1 tbsp chopped dill

1 tbsp chopped chives

1 tbsp parsley

1 tsp of salt

1 tsp white pepper

FOR THE PINEAPPLE SALSA

A tin (260g) or half a fresh pineapple chopped into small cubes

1 bunch spring onions diced

½ red onion diced

1 red pepper, diced and deseeded

1 red chilli, diced and deseeded

Small handful of coriander chopped

Juice of 1 lime

METHOD

1. Preheat the oven to 160°C/gas 3.
2. Place the cooled potatoes into a mixing bowl, add the crab and chopped herbs and mix well until combined. Season with salt and pepper.
3. With a ring/pastry cutter, or using your hands make four flat patties of the mixture and set aside.
4. Mix all the salsa ingredients together in a mixing bowl and keep in the fridge until ready to use.
5. When you are ready to serve, fry the potato cake in a small amount of oil each side until golden brown, then place in a preheated oven for 10 minutes to keep warm.
6. Season your fish with salt and a little oil. Place skin side down in a very hot pan and cook for about 4-5 mins. Flip over and turn off the heat, add in the butter and baste it over the fish. Gently lift the fish out of the pan and place it on some kitchen paper to absorb the oil.
7. To serve, place the potato cake on a plate with the fish laid on the top with the salsa to the side.



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SERVES
4