

## SEA BASS WITH ZUCCHINI

### Zucchini sauce

Heat butter and oil in a saucepan and sweat onion until translucent. Add white wine and reduce until almost all the wine has evaporated. Add zucchini and chicken stock, and simmer until the zucchini is tender. Strain off the liquid and reserve. Place onion and zucchini in a food processor and blend until smooth, adding some of the reserved liquid to achieve the right consistency. Season to taste.

10 ml butter  
10 ml olive oil  
1 medium onion, diced  
100 ml white wine  
1 kg zucchini, topped, tailed,  
peeled and thinly sliced into rounds  
400 ml chicken stock  
salt and pepper

### Zucchini rounds and ribbons

To make zucchini rounds, slice 500 g zucchini into 3 cm rounds. Bring water to the boil and blanch the rounds for 2 minutes, then immediately place in an ice bath and drain. Using a blowtorch, char the one side of the rounds.

1 kg zucchini, topped and tailed

To make the ribbons, use a mandolin set to 5 mm thickness to slice the other 500 g zucchini lengthways. Blanch the ribbons to order.

### Sea bass

Heat a pan on the stovetop over medium to high heat. Add a small amount of cooking oil and wipe it evenly around the base of the pan with a piece of paper towel. Season the fish with sumac, salt and pepper. When the oil is heated, place the fish skin side down in the pan and fry for 5 minutes or until the skin has turned crispy. Turn the fish onto the flesh side and fry for a further 5 minutes. Remove the fish from the pan and set aside to rest until serving.

cooking oil  
2 sea bass fillets  
pinch of sumac  
salt and pepper to taste

### To plate

Place zucchini sauce, a sea bass fillet, 3 charred zucchini rounds, 3 zucchini ribbons and 2 lime segments on each plate and garnish with a little sumac.

2 portions zucchini sauce  
2 portions sea bass  
6 zucchini ribbons  
6 charred zucchini rounds  
4 lime segments  
2 pinches of sumac

Serves 2



