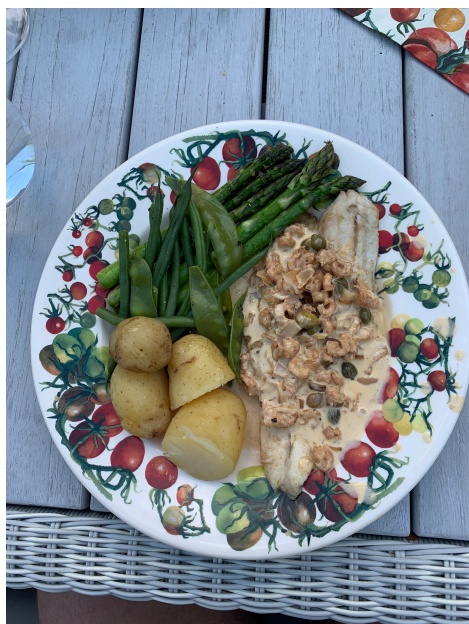


Seabass Fillets with brown shrimp & caper sauce.



Ingredients:

- 3-4 tbsp flour, for coating
- 6 sea bass fillets (about 90g each)
- A knob of butter
- 1 tbsp oil

For the sauce:

- A knob of butter
- 1 tbsp oil
- 1 small onion, finely chopped
- 200ml white wine
- 300ml double cream
- 2 tbsp chopped capers
- Juice of 1/2 small lemon
- 150g cooked, peeled brown shrimps

- 2 tbsp of chopped parsley
- Salt & pepper

METHOD:

1. To make the sauce, heat the butter and oil in a frying pan, add the onion and cook over a high heat for about 10mins until soft. Pour in the white wine and boil to reduce by half, then add the cream and continue to boil, stirring all the while, until the sauce has thickened slightly. Stir in the capers, lemon juice and shrimps, season with a little salt and pepper too your own taste, and keep warm until ready to serve.
2. Sprinkle the flour on a plate and season with salt and pepper. Coat the flesh side of the sea bass fillet in a thin layer of of the seasoned flour, tapping off the excess.
3. Heat a large frying pan until very hot, add the butter and oil and fry the fillets, flesh side down for 2minutes until the skin is crisp and the fish is cooked through. You may need to do this in batches of two fillets at a time to prevent crowding the pan.
4. To serve, stir the parsley into the shrimp and caper sauce, place a sea bass fillet, skin side down, on each plate and spoon over the sauce.

I added boiled green veg (mongetout, green beans and grilled asparagus) and boiled Jersey royal potatoes.

You choose your own accompaniments.

Enjoy!