



SIAN,
Felpham Community College,
West Sussex Coast



Sian stirring her saffron broth

Sian's Pan Fried Sussex Sea Bass with Saffron Broth

Serves 2

SAFFRON BROTH

1 tbsp Sussex Gold rapeseed oil*

2 shallots, thinly sliced

1 garlic clove, peeled and crushed

1 tsp fresh ginger, grated

1 tsp curry powder

Pinch saffron

50ml dry white wine

300ml vegetable stock

75ml double cream

SAFFRON BROTH

1. Heat the oil in a large pan and add the shallots, garlic, ginger and curry powder. Fry gently for 2 – 3 minutes.
2. Add the saffron, wine and stock. Bring to the boil, turn down the heat and cook for a further 2 – 3 minutes, stirring continuously.
3. Leave it to cool slightly and then stir in the cream.

SEA BASS

4. Heat the oil in a separate shallow frying pan. Add the butter.
5. Season the fillets with salt and pepper. Add to the hot oil, skin side down and cook for 1 – 2 minutes. Turn over fillets carefully and cook for a further 2 minutes.
6. To serve, spoon the broth into a shallow bowl, add some cooked crushed new potatoes and place the sea bass fillets on top with seasonal vegetables placed around the fish.

SEA BASS

1 tbsp Sussex Gold rapeseed oil

15g butter

Salt and pepper

2 x 150g sea bass fillets

Sian's dish is a unique fusion of local and Indian flavours.



Sussex Gold
Rapeseed Oil

*Available from The
Co-operative Local
Flavours range



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