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TOM KERRIDGE | PUBS & RESTAURANTS | 10 SERVINGS

OLIVE OIL BAKED SEABASS WITH BRAISED FENNEL & SHELLFISH PAELLA

INGREDIENTS

FOR THE FISH STOCK

500g Mussels
250ml White wine
500g Seabass bones
200g Prawn heads
50g Olive oil
50g Tomato puree paste
1L Water
25g Knorr Professional Clear Fish Paste Bouillon

FOR THE PAELLA

100ml Olive oil
300g Onions, diced
30g Garlic, peeled and grated
5g Saffron
500g Paella rice
Salt and Cayenne pepper, to taste
500g Squid, cleaned and diced, tentacles trimmed

METHOD

FOR THE FISH STOCK:

- Mix together the bass bone and prawn heads along with the tomato puree and olive oil. Then place on a lined tray and roast at 180°C for 20 minutes.
- Bring the water to the boil and whisk in the KNORR Professional Clear Fish Paste Bouillon. Then add in the roasted bones and simmer for 20 minutes.
- Place a saucepan on the heat and once hot add the mussels and white wine then cover with a lid and cook until the mussels are open.
- Remove the mussels from the heat and pass the liquid. Add the mussel stock to the fish stock then pass and reserve to cook the Paella in.
- Pick the mussels from the shell and reserve and reserve this to cook the paella in later.

FOR THE PAELLA:

- Add into a wide based pan the olive oil and sweat the onions until soft. Then add in the garlic and saffron and allow to cook for a further minute.
- Add in the rice and coat in the saffron oil. Then add in the fish stock and diced squid and stir.
- Simmer for 25 minutes until all the stock has been absorbed and the rice is cooked. Stir through with 5 minutes to go the squid tentacles then with a minute remaining add in the mussels to reheat just before serving.

[RECIPE CONTINUED ON NEXT PAGE](#) →



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INGREDIENTS (CONTINUED)

FOR THE ROASTED FENNEL

5no. Fennel, trimmed and halved

100ml Olive oil

10g Knorr Professional Clear Fish Bouillon

1no. Lemon, zest in strips

4no. Star anise

TO FINISH

100ml Olive oil

10no. Seabass fillets, scaled, pin boned and scored

20no. Crevette prawns

1no. Lemon

Fennel fronds

METHOD (CONTINUED)

FOR THE ROASTED FENNEL:

- Whisk the KNORR Professional Clear Fish Paste Bouillon into the olive oil, then pour into a vacuum bag along with the fennel, lemon zest and star anise.
- Steam at 100°C for 15 minutes, then cool in iced water.
- Cut the fennel in half before roasting in a frying pan for service.

TO FINISH:

- Place the prawns, and seabass fillets on a lined tray and add the olive oil.
- Bake at 170°C for 7-8 minutes to cook. Whilst the fish is cooking, pan fry the fennel on one side to reheat.
- Add some paella to the base of your serving dish. Add on the fennel, prawns and the seabass fillet.
- Finish with a drizzle of olive oil, grated lemon zest and some fennel fronds.