

Jason Pettit – Capital Radio Recipe



Delicately cooked Sea Bass fillets on a quick Spanish Sofrito Sauce – simple yet decadent and utterly delicious!

Sofrito is a base sauce that is used in many Spanish recipes including Paella.

Makes more than enough for 4 people – remaining sauce can be kept in the fridge for a week or frozen.

Ingredients

Sofrito Base Sauce

1	lrg	white onion (peeled & roughly chopped)
2	lrg	garlic cloves (peeled & roughly chopped)
2	Tbsp	olive oil / pomace oil
1	tin	chopped tomatoes (400 grms approx.)
½	Tsp	smoked sweet paprika
		sea salt to taste
4	each	sea bass fillets (skin on, 150 grms each approx.)
2	Tbsp	olive oil / pomace oil
2	cups	veg or chicken stock
		sea salt to taste
4	Tbsp	extra virgin olive oil

Serve with a simple green salad and crusty bread or steamed potatoes.

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Method

Blend the chopped onion and garlic until semi-smooth.

Heat a pan over a medium high heat and add the olive oil.

Add the blended onion and garlic mix. Sauté until the onions have softened and changed colour.

Lightly season with salt and sauté for a minute.

Add the chopped tomatoes and paprika and mix.

Reduce heat to medium-low.

Cook, stirring often until the mixture has the consistency of a thick sauce.

Remove from the heat and set aside.

Pat the skin dry with paper towel on each fillet then lightly season with salt.

Pre-heat a skillet / pan over a medium-high heat.

Add the oil and swirl to coat the base of the pan evenly.

Add the sea bass fillets skin side down.

Lightly press the fillets flat with a spatula whilst they are cooking.

Once the skin has browned (approx. 3minutes), turn fillets over and cook for a further minute.

Remove from the pan and set aside.

Add 1 cup of the sofrito base sauce to the skillet and stir until hot – approx. 30 seconds.

Add the stock and stir.

Cook until the sauce has reduced and coats the back of a spoon – approx. 4 minutes.

Add the sea bass fillets to the sauce with the skin uppermost.

Reduce heat and simmer for 2 minutes to finish cooking the sea bass.

Divide the sauce equally between 4 bowls, top with the sea bass skin side up and drizzle 1 Tbsp of extra virgin olive oil over each fillet.

Notes from the chef:

The sofrito base sauce can be made in advance.

The cooking time of the sea bass may vary depending on the size and thickness of the fillets.

Sea Bass can be substituted for other white fish such as Sea Bream (dorade), Tilapia, Sherri or Sole.

Tbsp - tablespoon

Tsp - teaspoon