

Fillet of Sea Bass with Seafood & Red Pepper Sauce

Prepared by
Michelin Star chef **MARC FOSH**

SERVES 4

4 sea bass fillets, skin on
4 fresh scallops, cleaned & cut in half
8 Mediterranean prawns, peeled & cut in half
1 lobster tail, cut into large pieces
1 lemon, cut into wedges

Red pepper sauce:

2 tbsp olive oil
1 medium onion, chopped
2 red peppers, chopped
2 ripe tomatoes, chopped
2 garlic cloves, crushed
1 sprig fresh thyme
2 bay leaves
300ml vegetable stock (bouillon)
Sea salt and freshly ground black pepper

1. Heat the olive oil in a heavy saucepan over a low-medium heat, add the onion and cook until softened, about 2–3 minutes.
2. Add the red peppers, tomatoes, garlic, and thyme, cover with a lid, and cook for 5 minutes.
3. Remove the lid, add the bay leaves and vegetable stock (bouillon) and simmer for 20–25 minutes.
4. Remove and discard the sprig of fresh thyme and the bay leaves. Transfer the mixture to a food processor and blend until smooth. Pass through a fine sieve and season to taste.
5. Return the red pepper sauce to the heat and add the scallops, lobster & prawns. Cook over a gentle flame for 2 minutes.
6. For the sea bass fillets, heat a non-stick frying pan, and add a little olive oil. Season the fillets and gently fry them, skin side down, until golden brown and crisp.
7. Turn over the fillets and finish cooking for 1 - 2 minutes.
8. Place a large spoonful of red pepper sauce with seafood in a wide bowl. Place the sea bass fillet on top and serve immediately with lemon wedges.

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