



# Michel's Kitchen

## Steamed Fillet of Sea Bass with fresh pea, broad beans and white wine butter sauce

Serves 4



### Ingredients:-

- 4 fillet of Sea Bass, scaled, filleted and pin boned (ask your fishmonger)
- 3 medium size sliced shallots
- 250 grams of fresh peas
- 500 grams of fresh broad beans
- 150 mls of white wine
- 250 mls of fish stock
- 20 grams of butter (for sweating shallots)
- 100 grams of butter (for sauce)
- 1 tablespoon of flat chopped parsley

### Method:

**To prepare the Broad Beans:** pod the beans and then remove the hard skin. To remove the hard skin from the broad beans, put the beans in a bowl and pour over boiling water to cover. Leave to cool. Then pinch open the hard skin of the bean and press the inner bean out of the skin. Put beans to one side.

**To prepare the Peas:** pod the peas out, put in a bowl and pour over boiling water with a pinch of salt and leave to cool.

Sweat the shallot gently without colouring with the 20 grams of butter until transparent. Add the white wine and bring to simmer for a minute or so. Add the fish stock, season with salt & pepper and bring to simmer, add the broad beans and gently cook the broad beans for five minutes, add the peas. When the broad beans are cooking, season your fillets of sea bass with salt and pepper and steam your fish for about five minutes. Add the peas to the broad bean mixture, leave to simmer for four minutes, add the chopped parsley, then whisk in the 100 grams of diced butter until the sauce become homogenised (blended together). Check seasoning.

Et Voilà, Bon Appétit

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