

# Seabass with Vanilla Sauce and White Onions

Total Time: 45 mins

Portions: 4 Portions



## Ingredients

### Utensils

### For the onions

- 200 g** Onions
- 20 g** Unsalted butter
- 50 ml** White Wine
- 2** Flat-Leaf-Parsley

### For the fish

- 4 tbsp** Olive Oil
- 30 g** Cornflour
- 4** Sea Bass Filets with Skin
- 2 pinch** Thyme Leaves
- Clove** Garlic
- 20 g** Unsalted butter

### For the sauce

- 50 g** Unsalted butter
- 3** Shallots
- 200 ml** White Wine
- 200 ml** White Port Wine
- 500 ml** Fish Stock
- 200 ml** Whipping Cream
- 100 ml** Crème Fraîche
- 4 tsp** Taylor & Colledge Vanilla Bean Extract

### For the pea puree

- 300 g** Frozen Garden Peas
- 2** Shallots
- 200 g** Unsalted butter
- 100 ml** Whipping Cream
- about 1 g** Ground Nutmeg

## Preparation

- Melt the butter in a medium saucepan. Peel and finely slice the shallots, then sauté for 2–3 minutes until translucent. Deglaze with white wine and port wine; reduce completely. In a second saucepan, reduce the fish stock to approx. 100 ml. Add the reduced stock to the shallots. Add cream and crème fraîche, blend with a hand blender. Pass through a fine sieve. Refine with Taylor & Colledge Vanilla Extract and season with salt.
- Preheat oven to 160 °C fan. Spread coarse sea salt in a casserole dish; place onions on top. Bake 30–45 minutes (depending on size). Let cool slightly, quarter the onions, remove peel and stems. Heat onion quarters gently with butter and white wine. Add chopped parsley and season with salt.

3. Cook peas in salted water for 5–6 minutes until very soft. Peel and thinly slice the shallots; sauté in butter for 2–3 minutes. Add cream and reduce by half. Drain the peas and blend with the cream mixture until smooth. Season with salt and nutmeg.
4. Heat vegetable oil in a pan over medium heat. Lightly flour the skin side of the seabass fillets with the cornflour. Place fillets skin side down, pressing gently so they stay flat. Fry for about 4 minutes, without turning. Add butter, garlic and thyme. Turn the fish and let it cook through. Season with salt. Froth the sauce briefly before serving.