

EASY EATS  
THE ONLY FOUR RECIPES YOU'LL EVER NEED



LEMON AND CAPERS



FENNEL AND ORANGE

**SEA BASS**

*All recipes serve 4*

RECIPES



PEAS AND BACON



**THE  
CHEF'S  
RECIPE**

HESTON BLUMENTHAL'S SEA BASS  
WITH VANILLA BUTTER



# THE ONLY FOUR RECIPES YOU'LL EVER NEED

## LEMON AND CAPERS

100ml groundnut oil  
 4 sea bass fillets  
 1 lemon  
 1 knob of butter  
 Handful chopped parsley  
 Handful capers  
 Salt and pepper

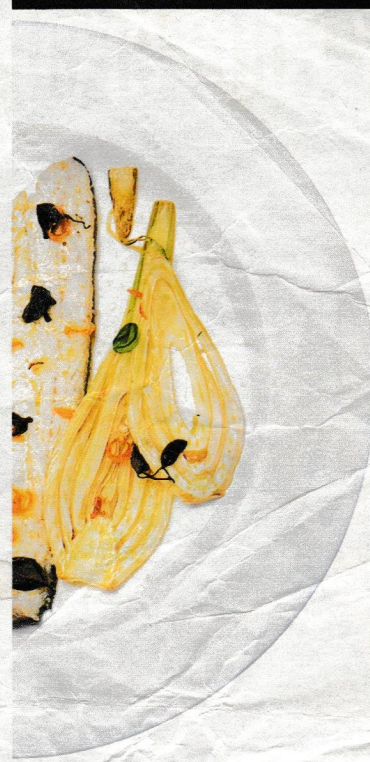
- 1 Heat oil in pan. Once hot, cook sea bass, skin-side down, for 4-5 minutes. Turn and cook for further minute.
- 2 Add the lemon juice and butter to the pan and, as it melts, spoon it over the sea bass. Throw in parsley and capers. Season. Serve.



## FENNEL AND ORANGE

1 fennel bulb, very finely sliced  
 1 glass wine  
 Zest and juice 2 oranges  
 Handful basil leaves  
 4 sea bass fillets  
 Salt and pepper

- 1 Grease four sheets of foil, fold in half and pinch together side edges to form pouches. Divide all ingredients between pouches, season and seal by double folding top edge.
- 2 Cook on 180C/Gas 4 for 15-20 minutes.



### SEA BASS

## PEAS AND BACON

100g smoked streaky bacon  
 60g unsalted butter  
 150g peas  
 200ml chicken stock  
 4 sea bass fillets, skin on  
 Olive oil  
 1 Little Gem lettuce, shredded  
 Salt and pepper

- 1 Cook bacon in knob of butter until brown. Add peas and hot stock. Cook for 5 minutes.
- 2 Meanwhile, fry sea bass in olive oil for 4-5 minutes, turn and cook another minute.
- 3 Add remaining butter and lettuce to peas. Wilt, season, serve with fish on top.



## THE CHEF'S RECIPE HESTON BLUMENTHAL'S SEA BASS WITH VANILLA BUTTER

Vanilla pods  
 40g unsalted butter, room temperature  
 Groundnut oil  
 Salt and pepper  
 4 sea bass fillets, skin on

- 1 Halve the vanilla pods lengthways and scrape out the seeds. Mix butter with seeds using a blender. Roll into a log, wrap in parchment and chill (for about 20 minutes until required).
- 2 Cover bottom of frying pan with thin layer of oil and heat until very hot. Season sea bass and place, skin side down, in pan for 90 seconds. Place a ramekin on fish to keep it from curling as it cooks. Turn and cook for further minute. Serve with 10g vanilla butter on each fillet.



From Heston Blumenthal at Home (Bloomsbury, £30)