



# PAN-FRIED GILTHEAD BREAM

*by Peter Gorton*

*Recipe...*

## INGREDIENTS (SERVES 4 STARTER SIZE)

4 x 50g fillets of gilthead bream  
2 tablespoons of sunflower oil | Sea salt & freshly ground black pepper

## METHOD

Heat a heavy duty frying pan. Add the sunflower oil and place the guilt head bream fillets in the pan and sear until the skin is crispy. Turn and cook for 1 minute or until the fish is just cooked.

## PEA PANCAKES

225g peas - fresh or frozen cooked until tender  
1 whole egg + 1 egg yolk  
4 tablespoons plain flour  
Salt & freshly ground black pepper  
112ml double cream  
2 tablespoons butter

## METHOD

Drain the peas and in a food processor combine the peas, egg yolk, cream, and flour until a smooth batter. Refrigerate until required.

Melt the butter in a sauté pan. Place 1 tablespoon of batter for each pancake in the pan and cook on both sides until the edges are brown. Drain on kitchen paper and keep warm.



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## LIGHTLY SPICED AUBERGINE PUREE

- 500g fresh aubergines
- 2 tablespoons sun-dried tomatoes
- 1 small onion and finely diced about 50g
- 2 Spring onions, chopped
- 1 finely diced cloves of garlic
- Ground cumin to taste
- 1 small bunch of fresh coriander finely chopped
- 1 teaspoon of honey

## METHOD

Cut the aubergines in half lengthwise, brush with olive oil, lie on a baking sheet and roast for 30 minutes, remove from the oven and cool. When cool, scoop the pulp away from the skin, discard the skin, heat the olive oil in a large frying pan and sauté the onions until translucent. Add the garlic and continue to cook for one minute more. Do not allow the garlic to brown, add the cumin, honey and salt & pepper, mix well and set aside to cool. Add the spring onions and coriander, place in a container until ready to use.

To Serve - put a warm pea pancake in the centre of a pre-heated dinner plate, place a spoon of aubergine purée on top & then the gilthead bream & serve. Chefs tip - the gilthead bream is generally considered the best tasting of the breams. This spiced aubergine puree is a wonderful addition for vegetarian recipes also it complements lamb dishes.