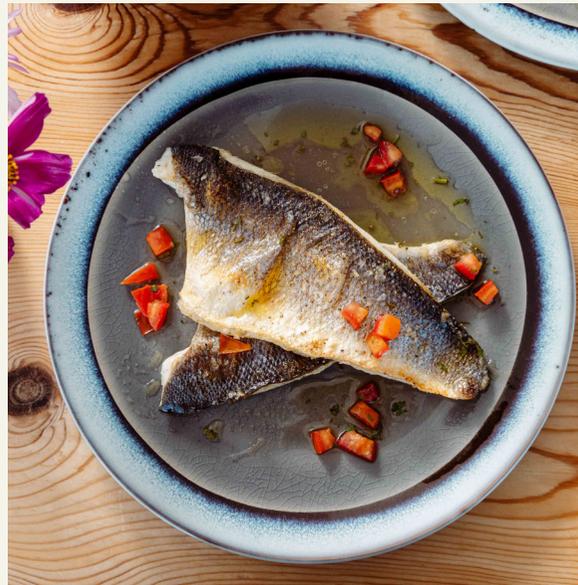


STEIN'S AT HOME

# The Sea Bass Menu



Salt & Pepper Prawns



Sea Bass with Vanilla Vinaigrette



Steamed Ginger Pudding



**Watch Jack cook the menu**

Visit our **Rick Stein Restaurants YouTube channel** or scan the code to watch Jack Stein cook the menu.



**Listen to Rick's playlist**

Search **Spotify** for **Stein's Sounds** or scan the code to listen to Rick's favourite kitchen tracks.



## Salt & Pepper Prawns

with cucumber, spinach and a soy and sesame dressing

### Ingredients:

Salt & pepper mix | Prawns | Cucumber  
Soy & sesame dressing | Baby spinach | Lime

### Cooking Instructions:

Pan fry the **prawns** on a high heat in a little **oil** with the shell on for 5-6 minutes. Alternatively, you can grill the prawns under a high heat for 5-6 minutes.

In the meantime - for the **salad** slice the **cucumber** into batons and mix in the **baby spinach** in a bowl.

Dress with the **soy & sesame dressing**.

Slice the **lime** into wedges.

Once the **prawns** are cooked remove from the pan and toss in a generous amount of **salt & pepper mix** (set some aside).

Serve the **prawns** with the **salad**, a **lime wedge** and the remaining **salt & pepper mix** on the side of the plate to dip the **prawns** in.



*A gloriously messy dish and a firm favourite on the menu in our café in Padstow.*

## Sea Bass

with vanilla vinaigrette

### Ingredients:

Sea bass fillets | Vanilla vinaigrette  
Tomato & chervil mix | Buttered potatoes

### Cooking Instructions:

Preheat the grill to high.

Brush the **sea bass** with some vegetable oil on both sides and season with **salt** and freshly ground **black pepper**.

Grill the **sea bass** skin side up for 4 minutes.

Place the **vanilla vinaigrette** into a small saucepan and warm gently to melt the **butter** and add the **tomato & chervil mix**.

Place the bag of **potatoes** into a pan of gently simmering water for 8-10 minutes (or microwave for 2-3 minutes).

Place the **sea bass** in the middle of two warmed plates, dress around with the **vinaigrette** and serve with the **buttered potatoes**.



*A warm vinaigrette made with a good fish stock reduction, dry vermouth and vanilla. All the flavours in this dish are pretty irresistible.*

## Steamed Ginger Pudding

with stem ginger syrup and Cornish clotted cream

### Ingredients:

Steamed ginger pudding | Ginger syrup  
Cornish clotted cream

### Cooking Instructions:

Place the pudding in the microwave on full power for two minutes (with the lid on). Alternatively, heat in the oven at 200°C in an oven proof dish with a lid on for 10 minutes.

Warm the ginger syrup in a microwave for 30 seconds or in a saucepan on a low heat (do not boil).

Place the sponge on the serving plates and pour over the ginger syrup (take care as it will be very hot).

Spoon on clotted cream and enjoy.

*Perfect for autumn winter. Absolutely lovely, spicy and warming.*

View the full list of ingredients and allergens online at [rickstein.com](http://rickstein.com)

Made in an environment handling: **CELERY, CEREALS CONTAINING GLUTEN** (such as barley and oats), **CRUSTACEANS** (such as prawns, crabs and lobsters), **EGGS, FISH, MILK, MOLLUSCS** (such as mussels and oysters), **MUSTARD, PEANUTS, SESAME, SOYBEANS, SULPHUR DIOXIDE AND SULPHITES, NUTS**

Please **refrigerate items** after opening your box.  
Box contains **gel packs** which are designed to keep the food cool, please dispose of these.  
Occasionally we may need to substitute products if we're unable to source from our suppliers.