



Sea Bass Menu

Mussels

with spring onion and Cornish cider

Sea Bass

with hot, sour and sweet sauce

White Chocolate Fool

with mango purée and cardamom shortbread

Mussels with spring onion and cornish cider

You will need

Medium/large pan with a tight fitting lid,
Colander (useful) for cleaning and washing
the mussels

Ingredients

- Mussels (**mollusc**)

- Cider (**sulphites**)

- Sauce - Spring onion, butter (**milk**), cream (**milk**),
thyme, bay leaf, salt, pepper

- Bread (**wheat**)

(**allergens in bold**)

Cooking Instructions

1. Rinse the mussels thoroughly in running cold water, removing any fibrous strands.
2. Discard any which remain open after gently tapping or squeezing them.
3. Heat the medium pan and add the mussels and 100ml of the cider. Cover with a lid and cook for 3 or 4 minutes until the mussels are just open, turn the mussels over once during this time.
4. Add the contents of the sauce pouch, stir through the mussels, let it heat up and serve immediately.
5. Enjoy with crusty bread and the remaining cider.

Sea Bass with hot, sour and sweet sauce

You will need

Vegetable oil, salt, 2 pans, steamer

Ingredients

- Sea bass fillets (**fish**)

- Hot and sour sauce (**gluten, soya, fish**)

- Bok Choy

- Rice

- Crisp shallot and cashew nuts (**nuts**)

(**allergens in bold**)

Cooking Instructions

1. Wash and cut the bok choy into quarters lengthways and cook in a steamer for 3 - 4 minutes, or cook in lightly salted boiling water for 2 - 3 minutes.
2. Make a small cut in the rice bag and heat in the microwave on full power for 2 minutes or add to a pan of boiling water for 2 minutes.
3. In a frying pan, large enough to accommodate the sea bass fillets, heat a small amount of vegetable oil on a high heat.
4. Season both sides of the sea bass fillets with salt and fry skin side down in the hot pan for about 1 ½ minutes until crisp, then turn over and cook for a further minute on the other side.
5. Whilst the fish is frying, gently warm the hot, sour and sweet sauce in a small pan.
6. Place the bok choy, sea bass fillets and rice in the centre of your two plates, then spoon the warm sauce on top.
7. Sprinkle with the shallots and cashew nuts.

White Chocolate Fool with mango purée and cardamom shortbread

Ingredients

- White Chocolate Fool (**milk, egg, soya**)

- Mango purée

- Cardamom shortbread (**milk, gluten, nuts**)

(**allergens in bold**)

Serving Instructions

1. Serve the fool with shortbread on the side.