

SKYE

ROOFBAR & DINING

STONE BASS

AVOCADO & MANGO SALSA, GARDEN FLOWERS, LIME OIL

TIME



15MINS

DIFFICULTY



SERVING



4 PERSONS

INGREDIENTS

4 x 100g pieces of Stone Bass, descaled, pin-boned and skin left on (regular Sea Bass is also OK)

Flour, for dusting

1 ripe Avocado, cut into small dice

1 ripe mango, cut into small dice

1 red bell pepper, cut into small dice

2 limes, juiced

2 large leaves of Thai basil, cut finely

1 / 2 tsp. picked thyme leaves

4 tbsp. extra virgin olive oil

Salt and Pepper, to taste

FINISHING & ASSEMBLY OF THE DISH

1. In a large bowl, place the diced avocado, mango, red pepper, lime juice, herbs, olive oil, along with a twist of cracked black pepper and a good pinch of Maldon sea salt.
2. Heat a frying pan to a medium-high heat, and once the pan starts smoking, add in some cooking oil and turn the pan down to a medium heat.
3. Dust the skin of the fish with the flour and bang off any excess. Lay the fish in the pan, away from you, and press down firmly to ensure the skin lays flat on the base of the pan. Hold for 20 seconds, then release. Season the fish flesh with salt and pepper.
4. Whilst the fish is cooking, you can pick the fresh petals from the flowers.
5. Once the skin is golden brown, and the fish is white half way up the flesh, (after 4 minutes) turn the fish over and squeeze in some lemon juice. Cook for 30 seconds then remove from the pan.
6. Place the fish on top of the salsa, then garnish around the plate with the flowers and any cut leaves.