

World Gourmet Summit 2006
Culinary Masterclass
Singapore Tourism Board, Auditorium

21 April 2006 / 9.30am to 11.00am

ROAST SEABASS WITH WILD FENNEL

Presented by:
Masterchef Antonin Bonnet

Serves 1
Ingredients

Sea Bass

130g wild sea bass, scaled, cleaned and filleted
100ml olive oil
Guernsey salt, to taste

Anchovies (Prepare 2 weeks in advance)

200g fresh anchovies, heads and guts removed and scaled
400g rock salt
25g garlic cloves, peeled and thinly sliced
50g shallots, peeled and thinly sliced
250ml olive oil
25g capers

Wild Fennel

400g fennel, peeled and quartered
200 new sweet onions, peeled and quartered
A bunch of bronze fennel

Liquorice Seasoning

100g Muscovado sugar
15g almond powder
100g dry olives

Black Olive Emulsion

50g dry black olives
150ml vegetable oil, room temperature
1 egg yolk, room temperature
50ml water

100g scallops trimmings, washed until clear
100g shallots, peeled
100ml olive oil

Fennel Broth

400g fennel
100g potatoes, peeled
100g butter
100ml cream



Method

1. For the sea bass: Season the sea bass fillet with salt and then pan-fry in olive oil over high heat with skin side down until skin start cracking. Reduce the heat and cook until skin turns golden. Keep warm.
2. For the fresh anchovies: Place the anchovies into a container with a large amount of rock salt in between. Preserve for a week. Take the salted fillets and remove the bones with your fingers. Rinse them well under running water and dry on absorbent paper towels. Fill a glass jar alternately with anchovies fillets, olive oil, shallots, garlic and capers until all the anchovies are used up. Cover and preserve for at least one week before use.
3. For the wild fennel: Place fennel and sweet onions into a copper pan; add some olive oil and place in a preheated oven to slowly roast until golden and tender. Lastly add in bronze fennel tips.
4. For liquorice seasoning: Place all the ingredients in a mixing bowl and blend to a grainy texture.
5. For the black olive emulsion: Whisk the egg yolk until fluffy and then slowly incorporate vegetable oil and water in a steady drizzle until it emulsified. Then fold in the dried black olives.
6. Roast the shallots with some olive oil; add in the scallop trimmings and cook until all the water has evaporated. Add in some water and simmer until liquid has reduced. Strain and keep in a cool place.
7. For the fennel broth: Simmer the fennel and potatoes in a saucepan with 1 litre bouillon until vegetables are tender. Add in the butter and the cream and then transfer mixture to a food processor and pulse until smooth.
8. To serve: Place a spoonful of fennel broth in the centre of each serving plate. Add the preserved anchovies, roasted wild fennel and shallots and top with a pan- fried sea bass. Spoon black olive emulsion on the side and drizzle with liquorice seasoning around the plate.