

# GRAND HOTEL

RIMINI

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## *Fillet of bass with crispy vegetables*

Fillet of seabass with with vegetables in a Sangiovese reduction sauce

### Ingredients for 10 servings

- 3 kg bass
- 500 kg courgettes
- 500 kg carrots
- 500 kg potatoes
- 500 kg fennels
- 2 garlic cloves
- 1 bunch of dill weed
- 20 gr sesame seeds
- 200 gr Sangiovese di Romagna red wine
- 100 gr extra virgin olive oil
- Parsely
- Salt and pepper

### Cooking instructions

- Clean, scale and fillet the bass. Make a few cuts on the fish skin so as to let the heat penetrate the fish meat rapidly. Leave in the refrigerator.
- Clean and cut the vegetables in different shapes and boil in abundant water wit salt. When ready, add cold water and ice to stop the cooking, then drain and set aside.
- Reduce the wine with some blueberry jam to  $\frac{1}{4}$  of the original quantity. When the compound is rather thick, sieve and let cool down.
- With a brush, put some oil on the fish and lightly roast in a non-stick pan, until golden. Finish off the cooking in a pre-heated oven at 170° for about 6 minutes.
- In a saucepan, fry the garlic cloves with little olive oil, add the vegetables and stir. Then add the sesame seeds, salt and pepper.
- Set the vegetables in the centre of the plate and the bass fillets on top. Season with olive oil, dill weed and a few drops of the Sangiovese wine reduction.

A special recipe by Claudio Di Bernardo, Executive Chef at the Grand Hotel Rimini

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Bass

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