

## Sea bass fillet and Portobello mushrooms

Thursday, 14 October 2010 12:11

---



### Ingredients

- 150g sea bass
- 50g duck liver
- 10g Portobello mushrooms
- 2 tbsp butter
- 2 tbsp olive oil
- 5g garlic
- 5g onion
- salt and pepper to taste

For the sauce:

- 50ml fish stock
- 5g shallots
- 30ml fresh cream

### Method

1. Pan fry the sea bass for seven to eight minutes with olive oil
2. Pan fry the duck liver for five minutes with olive oil and butter
3. Sauté Portobello mushrooms with garlic and onion. Add a little stock to enhance the flavor
4. For the sauce, chop the shallots and sauté in butter being careful to not lose any of the colour from the shallots
5. Add fish stock and reduce the sauce for ten minutes on a low heat
6. Add the cream and finish with salt and pepper to taste
7. To arrange, place Portobello mushrooms on the plate followed by the sea bass. Arrange mushrooms on top, followed by duck liver
8. Dress the plate with the sauce

This recipe serves one and comes from Chef Churles Kennedy Perera