

East West Bake Cooking Show

BAKED SEA BASS



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Episode 2 - Crispy Baked Sea Bass

Serves 2

Ingredients – For the dressing

6 tablespoons coconut oil

1 tablespoon soft brown sugar

1 tablespoon fish sauce

½ tablespoon rice vinegar

1 tablespoon chopped red chilli (without seeds)

½ tablespoon chopped garlic

Ingredients - For the sea bass

1 whole sea bass, about 1.5kg, gutted and scaled

Sea salt and freshly ground black pepper

Ingredients – for the garnish

6 sprigs of fresh coriander, leaves picked

1 red chilli, deseeded and julienned, soaked in cold water for 15 minutes

1 spring onion, julienned and soaked in cold water for 15 minutes

Preheat the oven to 200C/180C Fan/Gas 6.

For the dressing, whisk together the oil, sugar, fish sauce and vinegar, then stir in the chilli and garlic.

For the sea bass, make about 3-4 slashes across the flesh on the each side of the fish, season the cavity with salt and pepper then line a roasting tin with foil and sit fish on it.

Brush the outside of the fish with the dressing and put in the oven for 30-40 minutes or until the fish is cooked through.

Transfer the fish to the serving plate and garnish with coriander, chilli and spring onion on top. Serve straight away.