

## **Roasted Sea Bass with Braised Root Vegetables and Gremolata**

This tapas dish is inspired by the flavours of Sicily. We use sea bass at the restaurant but you could use sea bream for a cheaper but equally as delicious option. The dish is gluten and dairy free and is also a good choice for the health conscious.

Serves 4 as a tapa:

- 2 sea bass fillets (medium size)
- 500g carrots
- 250g celeriac
- 250g parsnips
- 1 spanish onion
- 150g raisins
- 50ml moscatel vinegar
- 100ml olive oil
- 1 tbs tomato paste
- 50 g sugar
- 20 g pine nuts
- 1 hand full parsley
- zest of 1 orange
- zest of 1 lemon
- salt and pepper
- bay leaf and thyme

For the braised root vegetable 'base', grate the carrot, celeriac, parsnip and onion and place in a large saucepan. Add 50ml of olive oil and cook on a low heat, stirring occasionally. If the vegetables start to caramelize or look too dry, simply add a splash of water for moisture. After an hour add the raisins, orange zest, tomato paste, bay, thyme and sugar. Continue to cook on a low heat for a further hour or so until the vegetables are soft. Add moscatel vinegar and season with salt and pepper.

For the gremolata combine the finely grated zest of one lemon, chopped parsley and 50 ml of olive oil in a bowl. This will be used as a dressing for the dish. Toast pine nuts and keep them on the side.

Slice the sea bass fillets in half and season with salt and pepper. Place skin side down in a hot pan for two to three minutes until nice and crispy. Turnover and cook for a further two minutes.

To serve, spoon a portion of the braised root vegetables on to a plate. Place the fillet of sea bass on top and dress with gremolata. Sprinkle with pine nuts and serve with a wedge of lemon.