



Whole Sea Bass Roasted with Lemon & Thyme

Serves 4

Ingredients

1 x 1.2kg seabass, cleaned, head on
150 mls extra-virgin olive oil
sea salt, black pepper
1 lemon, sliced
1 beefsteak tomato, sliced across
1 onion, peeled and sliced across
2 medium-hot red chillies
10 sprig(s) soft-leaved or lemon thyme,
plus 1 heaped teaspoon thyme leaves
75 ml sweet white wine
a squeeze of lemon juice

Method

Heat the oven to 220°C (200°C fan oven) gas mark 7 and heat the grill. Score the bass at 2cm intervals, brush with oil and season inside and out. Grill for 4 to 6 minutes each side until it blisters and colours.

In a baking dish, lay out half the lemon, tomato and onion slices in an overlapping row and season. Lay the fish on top, put the chillies and the thyme sprigs inside and the remaining lemon, tomato and onion on top, and season. Pour 6 tablespoons of the olive oil and the wine over the fish and roast for 15 minutes.

Place the vegetables in a sieve and strain the juices into a bowl. Stir the remaining thyme and olive oil into this sauce, adjust seasoning and add a little lemon juice to taste. Reheat without boiling. Fillet the fish and serve with the sauce poured over.