

Sea Bass Tartare

With cucumber and beetroot

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Ingredients

- 1 fresh sea bass
- ½ finely chopped shallots
- 1 tsp finely chopped chives
- 2 tsp light soya sauce
- 1 tsp rice vinegar
- Sliced cucumber to fit a mould
- 1 tsp olive oil
- 2 cooked beetroots, blitzed to make a puree
- 1 soft boiled quails egg



Prep Time: 15 mins

Cooking Time: 5 mins

Serves: 2

Method

1. Skin the sea bass.
2. Cut flesh off either side of the bone
3. Finely chop sea bass on a frozen chopping board
4. Put in a cold bowl
5. Add chopped shallots, chives, soya sauce and vinegar
6. Add salt and pepper to taste and mix all together
7. Thinly slice cucumber and cut into half.
8. Line the inside of a mould with a layer of interlocked cucumber slices
9. Fill base of mould with sea bass tartare mixture and gently pat down
10. Add the beetroot on top
11. Place quails egg on top of beetroot and serve

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