

Client: Tagus Creek
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fOOD

DO try this at HOME



✓ **FYI** Chicory has a white bulb and long, tightly packed leaves tipped with yellow or red. Despite its bitter flavour, chicory is often eaten raw in salads, and tastes delicious in fish or meat dishes.



Dean Edwards' sea bass recipes make a light and healthy treat - the perfect contrast to all the rich food of the festive season

Serves: 4
Prep time: 5 minutes
Cooking time: 30 minutes

- * Olive oil
- * 2 small heads chicory, halved
- * 1 onion, sliced
- * 2 cloves garlic, crushed
- * 2 sprigs rosemary
- * 150ml white wine
- * 400g tin chopped tomatoes
- * Salt and ground black pepper
- * 1 bulb fennel
- * 1 lemon, quartered
- * 200g cherry tomatoes on the vine
- * 2 bay leaves
- * 80g green olives, pitted
- * 1tbsp honey
- * 4 sea bass fillets
- * Spinach, to serve

BAKED SEA BASS WITH FENNEL AND OLIVES

Preheat your oven to 200°C/400°F/gas mark 6. Add a dash of olive oil to a large pan and cook the chicory halves on both sides for 7-8 minutes until they are lightly coloured. Set aside.

Add the onion, garlic and rosemary to the pan and sweat gently for around 5 minutes. Pour in the white wine and reduce by half. Stir in the tinned tomatoes and bring up to a simmer, then season with salt and pepper. Pour this sauce into a heavy-based baking tray.

Trim the tops from the fennel (you

can keep them for garnish) then cut into quarters lengthways. Add the fennel to the baking tray along with the chicory, lemon, tomatoes on the vine and bay leaves, then scatter over the olives. Finally, drizzle over the honey. Cook in the oven for 10 minutes.

Score the skin of the sea bass fillets with a sharp knife then season with salt and pepper, place on top of the sauce and cook for a further 8-10 minutes or until cooked through. Serve with some wilted, buttered spinach.



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Raise a Glass

THE WINE INDUSTRY HAS ITS OWN SET OF AWARDS TO RECOGNISE THE BEST BLENDS OUT THERE. ROB BUCKHAVEN PICKS HIS FAVOURITES OF THE CLASS OF 2012

WINNING WHITE
 Fairhills Chenin Blanc Chardonnay (£6.49, Asda) is a melon marvel which took bronze at this year's Decanter World Wine Awards.

Blogger's guide
 Fairhills is the world's largest Fairtrade project –1,000 people benefit.



REMEMBER-IT RED
 Tagus Creek Shiraz Trincadeira (£5.99, Tesco) is a damson devil. It won silver at the International Wine Challenge 2012.

Blogger's guide
 Portugal supplies cork closures for over 80 per cent of the world's wine.



I ♥ ITALIAN
 Toscana Rosso (£3.99, Aldi) has a light, cherry glow. It bagged silver at The 2012 International Wine And Spirit Competition.

Blogger's guide
 This is made from the Sangiovese grape, also used in Italian chianti.



NORTH AFRICAN SPICED SEA BASS WITH COUSCOUS CAKES

Serves: 4

Prep time:

15 minutes

plus 20

minutes

marinating

Cooking time:

10 minutes

Marinated tomatoes

*200g cherry tomatoes

*2tbsp balsamic vinegar

*2tbsp olive oil

*½ clove garlic, crushed

*1 shallot, sliced

*2tbsp flat-leaf parsley

Spice rub

*3tbsp coriander,

chopped

*2tbsp flat-leaf

parsley, chopped

*½ red onion,

roughly chopped

*1 clove garlic

*1tsp smoked

paprika

*1tsp ras el

hanout

*40ml olive oil

*Juice ½ lemon

*4 sea bass fillets

*200g couscous

*400ml chicken

stock

*30g flaked

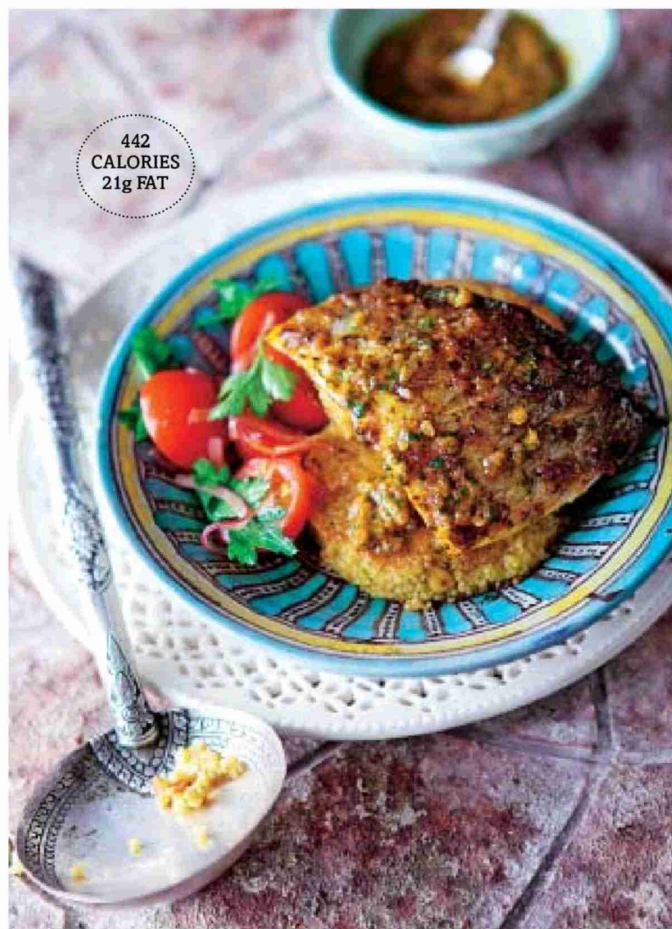
almonds, toasted

*Juice ½ lemon

*1 egg, beaten

*1tbsp olive oil

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 CALORIES
 21g FAT



Halve the tomatoes then place in a bowl with the vinegar, olive oil, garlic and shallot. Leave to stand for 20 minutes.

Meanwhile, blitz the rub ingredients together in a mini blender or food processor until you have a smooth paste. Score the skin of the sea bass several times using a sharp knife. Take half of the paste and rub all over the sea bass fillets. Place in a glass dish and pop in the fridge to marinate for 15 minutes.

Place the couscous in a bowl and pour over the boiling stock. Cover with cling film and let stand for 5 minutes. Fork through to separate the grains then add the rest of the spice rub, almonds, lemon juice and egg. Season with salt and pepper then mix to combine. Divide the couscous into 8 then use the base of a greased ramekin to press into patties.

Add the olive oil to a non-stick pan and cook the couscous cakes over a medium heat for 3-4 minutes each side.

Grill the sea bass fillets under a hot grill for 5-6 minutes or until the skin is

crispy and the fish cooked through. Stir the parsley through the tomatoes, then divide between 4 plates. Add 2 couscous cakes to each dish and top with a seabass fillet.

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