



Sea Bream Fillets With Mustard and Tarragon Sauce

- 4 sea bream fillets, 100g each
- 100g of fresh peas
- 100g of Maris Piper potatoes
- 1 egg yolk
- 1 tsp cider vinegar
- 1 tsp English mustard powder
- 100ml of fish stock
- 50ml of double cream
- 1 baby gem lettuce
- 2 gherkins
- 2 tsp tarragon, chopped
- 250ml of olive oil
- salt & freshly ground black pepper,
- 16 asparagus spears
- 50ml of olive oil

Start the sauce. Boil the peas in salted water for a minute, then lift out with a slotted spoon and refresh in cold water. Set aside to drain. Peel and dice the potato into 1cm cubes and cook in same water until just tender, then drain and set aside to cool .

Whisk the egg yolk, vinegar and mustard together in a bowl for 1 minute, then slowly add the olive oil – don't add the oil too quickly, otherwise the mixture will split. Season with a little salt. Gently heat the stock in a saucepan. Stir the cream into the mayonnaise then whisk in the hot fish stock a little at a time until the sauce is a coating consistency. Set aside .

Cook the fish. Preheat the grill. Season a baking tray with salt, drizzle over a small amount of olive oil and lay the bream fillets on top. Grill for around 6 minutes, then remove and set aside for 2 minutes - the residual heat will finish cooking the fish as it rests.

Peel the asparagus spears and blanch them for 2-3 minutes, depending on thickness in salted boiling water. Drain and refresh.

Finely shred the lettuce and chop the gherkins. Put the sauce in a saucepan over a medium heat and stir the lettuce, peas and potatoes into it. Allow to heat through for a minute, then stir in the gherkins and tarragon. Season to taste

Ladle the sauce into four warm serving bowls and lay the fish on top. Garnish each portion with four asparagus spears and a drizzle of olive oil.
