

Grilled Sea Bass with Creamy Crab and Prawn Sauce

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This decadent sea bass recipe makes excellent use of a couple of store-cupboard ingredients - like tinned crab and frozen prawns. It's simple to make but is impressive enough to serve at a dinner party.

Ingredients:

1kg sea bass fillets (approx 6, skinned and boned)
Juice of one lemon
1 tbsp. olive oil
1 tsp. freshly chopped parsley
350ml double cream
50g butter
2 x 170g tins crab meat, drained and flaked
75g cooked small prawns
1 tsp. wholegrain mustard
1 tsp. Cajun seasoning
Salt and pepper

Directions:

1. Preheat the grill and cover a baking tin with foil. Rub the fish fillets with lemon juice, olive oil, parsley and salt and pepper. Put onto the baking tin and grill for 8-10 minutes, turning once during cooking, until flaking.
2. To make the sauce: melt the butter with the cream and mustard over a low heat. Cook and stir until thickened. Stir in the crab and prawns, season with Cajun seasoning, salt and pepper and cook until the prawns and crab are heated through. Serve the sauce spooned over the cooked fish fillets.

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