

THIS RECIPE IS OFFERED TO YOU BY BAUDOIN MILLET TO ENHANCE YOUR BEER AUTREMENT.

## INGREDIENTS FOR 4 PERSONS

4 BASS FILLETS

800 G BLEUE D'ARTOIS OR VITELLOTTE POTATOES

12 CL WHOLE COW'S MILK

20 ML OLIVE OIL

2 ORANGES

1 YELLOW LEMON

4 SPRIGS PARSLEY

50 G ARUGULA

ESPELETTE PEPPER

FLOWER OF SALT



## PREPARATION

COOK THE JACKET POTATOES IN UNSALTED WATER, STARTING FROM COLD WATER. PEEL THEM WHILE HOT. CRUSH THEM, ADD THE HOT MILK, THEN 10ML OF OLIVE OIL. SEASON WITH FLEUR DE SEL.

ZEST THE TWO ORANGES AND THE LEMON. PEEL THEM RAW AND REMOVE THE TOPS. COLLECT 1 TABLESPOON OF THE JUICE FROM THE ORANGES AND LEMON. MIX THE SUPREMES, THE HARVESTED JUICE, 10ML OF OLIVE OIL, SPICE AND SALT. ADD THE CHOPPED PARSLEY. LEAVE TO MARINATE.

HEAT A FRYING PAN OR GRILL WITHOUT FAT. SCORE THE SKIN OF THE SEA BASS FILLETS WITH SEVERAL PARALLEL LINES. BRUSH THE SKIN WELL WITH CITRUS OIL AND COOK THE SEA BASS FILLETS, SKIN SIDE DOWN, IN A COVERED PAN OR GRILL, FOR 3 MINUTES MAXIMUM. LEAVE TO REST OFF HEAT.

SERVE A DASH OF PUREE TOPPED WITH CITRUS SUPREMES. PLACE EACH SEA BASS FILLET NEXT TO IT, DRIZZLE WITH WELL-EMULSIFIED CITRUS OIL. SERVE WITH A HANDFUL OF ARUGULA SEASONED WITH THE SAME CITRUS OIL.