BASCO
GOURMET SPAIN TO YOUR DOOR

Sea Bass Bilbaína



PREP TIME
15 MINS

COOK TIME
10 MINS

TOTAL TIME
35 MINS

SERVES 2 PEOPLE

EASY

Ingredients

1.5kg whole wild sea bass, butterflied with the head on
6 tbsp of extra virgin olive oil, plus extra for oiling the fish
1/4 dried guindilla chilli finely sliced or ¼ tsp of dried chilli flakes
4 whole garlic cloves, finely sliced
1 tbsp cider vinegar
1 tbsp finely chopped flat-leaf parsley

Method

Pre-heat your barbecue.

Check the sea bass has been properly gutted and scaled and remove the head if desired. Slash the skin about 3 to 4 times down both sides of the fillet. Drizzle with some good olive oil, season with sea salt and place in an oiled fish basket. Alternatively, place directly onto the barbecue (a clean barbecue will help to stop the fish from sticking).

Start flesh side down and cook for 4 to 5 minutes on each side, the fish is cooked when the flesh comes easily away from the bone.

While the fish is cooking, prepare the garlic and chilli oil by warming in a medium sauce pan the olive oil and garlic slices. Gently fry the garlic slices until lightly golden, sprinkle the dried chilli and set aside.

Once the sea bass is cooked, place in a warm serving platter, spoon the garlic and chilli oil, drizzle the cider vinegar and sprinkle with the chopped parsley.