



Loup de mer with tomatoes

Ingredients (For 4 persons)

4 sea bass filets (loup de mer), 120 g each, 100 g cous cous, 3 scallions, 1 clove of garlic, 200 ml poultry stock, 200 ml tomatoe stock, 2 tomatoes, 8 black olives, 30 g roasted pine nuts, 1 l grape seed oil, 4 vanilla pods, salt, pepper, sugar

Preparation

Vanilla oil: Mix 1 l grape seed oil, 4 vanilla pods and a bit of sea salt, until the pods are minced.

Sea bass filets: Let the sea bass filets simmer in ½ l vanilla oil at 60° C for about 15 minutes.

Skin the fish and slowly bake it in a pan until crisp.

Cous cous: Mix poultry and tomatoe stock, add it to the two finely chopped scallions and the garlic. Boil it down for about 5 minutes, stir in the cous cous and let it absorb.

Tomatoe confit: Sweat a finely chopped scallion, add tomatoe cubes and sweat further.

Add a little bit of the tomatoe stock, and let simmer with a little sugar for about 15 minutes.

Add pine nuts (pre-roasted in the oven at 150° C).

Black olive oil: Pit the black olives, and dry them at 60° C in a torrefyer or in the oven for about 3 days. Toss with a little olive oil.

Arrange on a plate and serve.