



RICHARD HOLDEN
BBQ

Roasted Whole Seabass with Potato, Pea & Fennel Salad

Sea Bass

- 2 whole seabass, gutted
- 2 large sprigs of rosemary, stripped
- Sea salt flakes and freshly cracked black pepper
- 2 lemons, each sliced into 5
- 2 sprigs of rosemary
- 2 large sprigs of thyme
- 2 lemons to grill for garnish

Potato, Pea & Roasted Fennel

- 400g baby potatoes
- 2 bulbs fennel, quartered
- 200g frozen peas
- juice of 1 lemon
- 100g mixed leaf
- 2 sprigs mint, picked and torn
- Juice and zest of half a lemon
- 2 tsp cold-pressed rapeseed oil
- Sea salt flakes and freshly cracked black pepper

Roasted Tomatoes and Fine Green Beans

- 200g cherry tomatoes on the vine
- 150g fine green beans
- 1 tbsp cold-pressed rapeseed oil
- Sea salt flakes

Method:

1. Setup the barbecue for 180-200c indirect roasting heat (Style 2), with the lid down and vents open as applicable.
2. Put the potatoes in a medium pan, cover with cold water, season and bring to the boil. Simmer under tender when checked with the tip of a small knife. Drain, return to the pan and fill with cold water. Once the potatoes are cool drain and leave to one side in a large bowl.

3. Put a small pan of water on to boil and season with salt. Once at a rolling boil, tip in the frozen peas and cook for 45 seconds. Drain, return to the pan and fill with cold water. Once the peas are cool drain and add to the bowl with the new potatoes.
4. Standing the fennel on its' base cut it into quarters. Place on a baking sheet with the vine tomatoes and fine green beans and drizzle with 1 tbsp of cold-pressed rapeseed oil and season with a generous pinch of sea salt flakes.
5. Layout a sheet of baking parchment large enough for the 2 seabass to lie side-by-side. Season the cavity of both fish with salt and pepper, and stuff each fish with 2 slices of lemon, some rosemary and some thyme. Layout the remaining lemon slices in 2 rows on the baking parchment and lie both fish atop each row.
6. Transfer the fish on the parchment to the BBQ and lay in the area of indirect heat. Place the fennel quarters on the sides over the fuel and close the lid. After 2 minutes check the fennel quickly and turn over. Cook for a further 2 minutes before removing them from the grill and allow to cool to room temperature.
7. With the lid down continue to cook the seabass for 20 minutes, or until they reach 60c at the thickest part of the flesh when checked with a digital thermometer.
8. Remove the fish from the BBQ and rest in the kitchen. Convert the grill to a direct grilling setup (Style 1) and transfer the tomatoes and fine beans to a perforated grill basket. Place this on the grill over the direct heat along with the lemon halves and close the lid. Cook for 1-2 minutes or until the tomatoes have softened and the beans have taken on a little colour, and the lemons have coloured and softened. Remove from the grill and transfer the tomatoes and greens to a warm serving bowl.
9. Finish the salad by adding the grilled fennel to the potatoes and peas and add the salad leaf and mint. In a small bowl whisk together the lemon juice and zest with the oil, and season lightly to taste. Drizzle this over the salad and using your hands, lightly combine.
10. Tumble the salad to a large serving platter and arrange the seabass on top. Add the grilled lemon halves and serve.