



Pan fried sea bass with cauliflower puree, wild mushrooms and watercress

Hi everyone and welcome to the October newsletter

First up this month, I have an opening event to cater for here in Bristol for Geometric Serviced Apartments. Bristol's newest and most exclusive serviced apartments in Old Market will be opening for business with over 40 serviced apartments for use. Over 3 evenings from the 9th to the 11th of October, I will be catering for 150 people per evening for a South East Asian themed canapé party. That's a hell of a lot of sushi and spring rolls!

I'm sure most of you are aware we are already nearing the festive season and some of you may be wondering where you would like to hold your works party or even throw a bash of your own. I now have been offered the exclusive use of The Clifton Club and The Old Cricket Pavilion at Clifton College, both fantastic venues in their own right. If anyone would like more information on either venue for your upcoming Christmas party or event please call me to discuss your requirements on 07920 066 075 or email tyrone@tyronepower-personalchef.com

The following week I'll be heading to Mallorca for my cookery school. The course commences on the evening of Thursday the 16th of October and concludes on Sunday the 19th in the afternoon. During the course I will be taking participants to Mallorcas finest vineyards and olive groves for tastings. We will also be touring the local markets to find the best produce on the island and providing a hands on cookery class in our exclusive villa in Sineu. There are now only 3 places available for the October course and at a special price to my clients of £495.00 per person.

Anyone wishing to take us up on the deal of a life time can email Jane Stanbury at Balearic Discovery direct on jane@balearicdiscovery.com or call 00 33 971 875 395

I know I've prattled on a bit with this newsletter so I will be keeping it short and not having my monthly question and answer time , sorry folks, feel free to call or email me your questions and I will do my best to answer all of them. It will resume next month.

This months awesome autumn recipe is delicious, healthy and uses the best of current seasonal produce here in the UK and Europe. Pan fried sea bass with wild mushrooms, cauliflower puree and watercress. Treat yourself to a top dollar white Burgundy or even a nice white Bordeaux to go with this.

Thanks for reading
Ty

Pan fried sea bass with cauliflower puree, wild mushrooms and watercress

Serves 4

Ingredients

½ An onion
1 Bay leaf
Butter
½ a cup of white wine
Olive oil
2-3 Cloves of garlic crushed
300g Of cauliflower florets
500g Of wild mushrooms, cleaned (I used Shitake, chestnuts and enoki)
1 Large or 2 small fillets of sea bass per person
350ml or double cream
100g of watercress
1 Bunch of chives
Salt
Pepper

Method

- 1) Finely dice your onion and add to a saucepan on medium heat with a knob of butter, a glug of olive oil and garlic. Sweat in saucepan until the onion becomes transparent. Do not brown off!!!
- 2) Add you cauliflower and white wine, turn up to a high heat and reduce until all the wine has evaporated.
- 3) Add your cream and reduce by half, this will take about 15 minutes. Again, do not let the bottom of the pan burn. You want to keep the puree as white as possible!
 - 4) Remove bay leaf, season with salt and pepper
- 5) Place in food processor or use a hand processor and blitz until a puree has formed. The consistency needs to be smooth. Set to one side
- 6) In a hot saucepan, sauté you mushrooms in butter and olive oil, salt and pepper, about 2 minutes. They should be golden on the outside. Set to one side
- 7) Finally in a hot pan, add butter, oil and place fillets in skin side down. Each fillet will need a few minutes each side.

You need to work quick in between each component of the meal as this dish needs to be built on the plate, which means, the puree goes on first, then the mushrooms are scattered around, place the fish fillets on top. Garnish with the water cress and chives. So simple, so tasty!

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