

Sea bass fillet with Cretan xinochontro

serves 2

500g sea bass fillet

6 mussels

80g xinochontro
(a Cretan ingredient with no direct equivalent – can be substituted with boiled bulgur)

150g cherry tomatoes

15g tomato paste,
preferably homemade

100ml dry white wine

100g blanched purslane

300ml fish stock

extra virgin olive oil

caster sugar

Thoroughly clean the mussels, then cook them in the wine and 10ml of olive oil until the shells are open. Drain and set the mussels aside, keeping the broth.

Cut the cherry tomatoes in half and place them on a baking tray, cut side up. Sprinkle with salt, pepper and sugar, and drizzle with olive oil. Bake in a preheated oven at 150°C for 30 minutes.

When the tomatoes are done, heat 10ml of olive oil in a saucepan and sauté the tomato comfit. Add the fish stock and mussels broth, tomato paste and xinochontro. Bring to the boil over a medium heat until the xinochontro is fully cooked then season with salt and pepper.

Bring the Purslane leaves and stems to the boil in just enough water to cover the herbs. Drain and discard the first water, pour a smaller amount of hot water over the greens, and again boil them. Reduce the heat and simmer until tender. Finely chop the herbs and season with salt and pepper.

Season the fish fillets with salt and sauté in a little olive oil starting from a low heat, skin side down, until the skin is golden brown. Turn and cook for one more minute.

Serve the xinochontro in a deep plate. Place the mussels around and the fish on top. Garnish with purslane and drizzle with olive oil.



Agalia Luxury Suites
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