

RECIPE

Grilled Basa (or other white fish fillets) with Tartar Sauce



NOTES

We used Basa but any white fish fillets would be good

Ingredients

4 fillets of Basa Fish or white fish fillets

Butter (solid butter)

Plain flour seasoned with sea salt and ground pepper for dusting

4 tablespoons Tiptree Mayonnaise

8 small Gherkins – finely chopped

1-2 teaspoon Capers – rinsed in cold water then chopped

3 sprigs Dill – roughly chopped (parsley as alternative)

(½ fresh chili pepper finely chopped – optional)

1 Lemon – to decorate

Method

Check there are no bones in fish

Dust fish with flour

Put knobs of butter on foil and melt gently under hot grill

Put fish on foil – 2 more knobs of butter on top of fish

Grill on one side then turn over – fish should be moist and flaky

While fish is cooking mix mayonnaise gherkins, capers, dill (and chili)

Serve fish with slice of lemon, tartar sauce, new potatoes and peas

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