

# Pumpkin cream with smoked bacon and navy beans, pan-fried sea bass with thyme, crispy brick with sage

Recipe for 4

Description

Note

Be careful with your seasoning as the bacon already contains a certain amount of salt.

Ingredients

Pumpkin cream

- 1 Unit(s) Onion
- 1 Small Yukon gold potatoes
- 20 Gr Butter
- 150 Gr Pumpkin
- 200 Ml Vegetable stock
- 150 Ml 35% cooking cream
- 150 Gr Smoked bacon
  
- Butter
- Salt and pepper
- Olive oil

Sea bass

- 4 Dash Bar fillet
- 1 Unit(s) Lemon juice
- 4 Sprig(s) Thyme
  
- Butter
- Salt and pepper
- Olive oil

Brick

- 3 Unit(s) Brick sheets
- 250 Ml Clarified butter
- 8 Leaf(ves) Sage
  
- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Prep

Peel and finely chop the onion, peel the potato and slice it.

Prepare the vegetable stock and keep it warm. Drain the beans.

Cut the bacon in small lardons, sauté them in a hot pan, once colored, drain to get rid of the fat.

Carve the pumpkin and remove the what you need in flesh, cut in small cubes (1.5cm). Also cut smaller cubes (brunoise, about 0.5cm), we will simply sauté them to get some color and use it as

garnish.

### Pumpkin cream

Sweat the onion in a pan with a little butter and olive oil.

Add the pumpkin cubes, cook them for a few minutes avoiding coloration by stirring constantly. Pour in the vegetable stock, bring to a boil, lower the heat, we're looking for a simmer, cook for 15 minutes.

Using a blender or an arm blender, turn it into a soup. Add the cream, the navy beans, the bacon and season with salt and pepper to taste.

Keep the cream warm.

### Sea bass

Drizzle some lemon juice on the fish, lightly score the skin.

In a hot pan, with a little butter and olive oil, sear the filets skin side down, add the thyme.

Baste regularly the filets with the fat from the pan.

Lower the heat, cover the pan, count about 1 to 2 minutes depending on the thickness of the filets.

Remove the fish from the pan.

### Brick pastry

Brush a pastry sheet all over with the butter, season with salt and lay an other sheet on top. Place sage leaves all over and repeat the operation.

Brush with butter once more and season with salt, cut around the sage leaves.

Place the sage tuiles on a baking tray with parchment paper, we're aiming for a light golden brown color.

### Plating and last touch

In a shallow bowl, pour two nice ladles of pumpkin cream, add a table spoon of sautéed pumpkin brunoise.

Lay in the middle or on the side a sea bass filet, lay two sage tuiles on top.

Finish with microgreens or fresh coriander.

**Bon appétit!**