

## Sea bass fillet with rice and artichokes

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Baked sea bass is a simple and quick second course and very tasty and light thanks to the excellent white meat, precious and fragrant.



**1h**



**4 people**

### Ingredients

2 Sea bass  
400 gr Rice  
480 ml Water  
4 gr Salt  
12 Artichoke hearts  
a.r. Basil  
a.r. Thyme  
a.r. E.V.O. Oil

## Procedure

Begin by cleaning and filleting the sea bass, you will obtain two fillets from each fish.  
Lay down the fillets on a perforated pan, season with thyme and cook according to the chart.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	82°	25'	/	100%	V5	ON

Put rice, water and salt in a tray; cover with another one and cook according to the chart.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	100°	20'	/	100%	V5	ON

Proceed to clean the artichoke bottoms, season with chopped basil and bake in following the chart.  
Once the three trays are ready, start preparing the dish.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	95°	10'	/	100%	V5	ON
2	150°	15'	/	0%	V3	/

## Plating

Place a bed of rice on a plate, fill the funds of artichoke with rice,  
and lay them on the corners of the plate.

Place the sea bass fillet in the center and dress with EVO oil.

## Chef's tips

To make the dish more flavorful,  
you can use vegetable broth instead of water for boiling the rice.  
Remember to remove all the thorns from the seabass fillets.