



Line-caught sea bass, fennel & saffron beurre blanc

MAIN COURSE · MAIN · DISH

Pan-seared sea bass fillet on crushed Charlotte potatoes, glazed fennel and a saffron-infused beurre blanc.

ALLERGENS

FISH, MILK

May contain: celery

YIELD 4 portions · PREP 40m · COOK 25m · TOTAL 1h 5m

EQUIPMENT Cast-iron pan · Fish slice · Mandoline · Fine chinois

SELLING PRICE	PLATE COST	MARGIN (HT)	TARGET	ANNUAL MARGIN
CHF 38.00	CHF 11.21	68.1% -1.9 pts	70.0%	CHF 33.6k

INGREDIENTS & COST	BUY (AP)	NET (EP)	UNIT	YIELD	AP PRICE	EP PRICE	COST
PAN-SEARED SEA BASS							
Sea bass fillet (from whole)	1.2 kg	600	g	50%	26.00/kg	52.00/kg	CHF 31.20
Olive oil	20 ml	20	ml	100%	7.98/L	7.98/L	CHF 0.16
Butter	30 g	30	g	100%	14.20/kg	14.20/kg	CHF 0.43
Garlic, peeled	7.44 g	6.7	g	90%	9.40/kg	10.44/kg	CHF 0.06
						Subtotal	CHF 31.85
SAFFRON BEURRE BLANC							
Unsalted butter	200 g	200	g	100%	14.20/kg	14.20/kg	CHF 2.84
Shallot	47.06 g	40	g	85%	4.50/kg	5.29/kg	CHF 0.21
Dry white wine	100 ml	100	ml	100%	9.00/L	9.00/L	CHF 0.90
Saffron threads	0.2 g	0.2	g	100%	9,000.00/kg	9,000.00/kg	CHF 1.80
						Subtotal	CHF 5.75
CRUSHED POTATOES							
Charlotte potatoes	875 g	700	g	80%	2.20/kg	2.75/kg	CHF 1.93
Butter	60 g	60	g	100%	14.20/kg	14.20/kg	CHF 0.85
Extra-virgin olive oil	20 ml	20	ml	100%	12.00/L	12.00/L	CHF 0.24
						Subtotal	CHF 3.02
GLAZED FENNEL							
Fennel	533.33 g	400	g	75%	3.80/kg	5.07/kg	CHF 2.03
Butter	20 g	20	g	100%	14.20/kg	14.20/kg	CHF 0.28
Sugar	5 g	5	g	100%	1.50/kg	1.50/kg	CHF 0.01
						Subtotal	CHF 2.32

COST SUMMARY

Total recipe cost: CHF 44.86 · Cost/Portion: CHF 11.21 · Margin: CHF 23.94 (68.1% HT)

-1.9 pts below 70.0% target

METHOD

01 Prep the bass

PREP · 10 min

Fillet and trim, pin-bone, pat dry on paper.

02 Sear skin-side

CCP · COOK · 6 min · 54 °C internal

Sear skin-side on high heat for 4 min, baste with foaming butter, finish 2 min flesh-side.

DONE WHEN: Flesh flakes into pearly layers.

CCP — Fish core to 54 °C minimum — parasite safety.

Chef tip: Never flip before the skin releases on its own.

03 Plate

FINISH · 3 min

Crushed potato at the centre, glazed fennel, fillet skin-up, a cordon of saffron beurre blanc.

PLATING

Plate to Very hot · fire 14 min from pickup

ANNOUNCE ON PLACEMENT

"Announce "line-caught sea bass, saffron beurre blanc"."

CHEF'S NOTES & TROUBLESHOOTING

Pat the fillet dry for 10 min before searing — guarantees a crisp skin. If the beurre blanc splits, whisk in 1 tbsp iced water off the heat.

COMPONENT

Pan-seared sea bass

Yields 4 portions · Shelf life Service only · fresh

MISE EN PLACE

Sea bass fillet (from whole) (-50% trim)	600 g
Olive oil	20 ml
Butter	30 g
Garlic, peeled (-10% trim)	6.7 g

METHOD

01 Sear

COOK · 6 min

Skin-side, high heat, baste with butter to a golden colour.

COMPONENT

Saffron beurre blanc

Yields 400 ml · Shelf life 24 h · fridge

MISE EN PLACE

Unsalted butter	200 g
Shallot (~15% trim)	40 g
Dry white wine	100 ml
Saffron threads	0.2 g

METHOD

- 01 Reduce** COOK · 12 min
Reduce wine + shallot to dry, mount with cold butter in pieces, infuse saffron 5 min.

COMPONENT

Crushed potatoes

Yields 600 g · Shelf life 48 h · fridge

MISE EN PLACE

Charlotte potatoes (~20% trim)	700 g
Butter	60 g
Extra-virgin olive oil	20 ml

METHOD

- 01 Boil & crush** COOK · 25 min
Boil until tender, crush with a fork, fold in butter + olive oil.

COMPONENT

Glazed fennel

Yields 4 portions · Shelf life 24 h · fridge

MISE EN PLACE

Fennel (~25% trim)	400 g
Butter	20 g
Sugar	5 g

METHOD

- 01 Glaze** COOK · 15 min
Glaze à blanc with butter, sugar and water to a glossy coat.

CRITICAL CONTROL POINTS

HACCP — verify each control point and record in your monitoring log.

STEP CONTROL POINT

- 02** Fish core to 54 °C minimum — parasite safety.

SERVICE — FRONT OF HOUSE

Line-caught sea bass, fennel & saffron beurre blanc

PLATED

ALLERGENS: FISH · MILK

VERBAL DESCRIPTION

A line-caught sea bass fillet, pan-seared skin-side, on crushed Charlotte potatoes with olive oil, glazed fennel and a saffron-infused beurre blanc.

KEY SELLING POINTS

- Line-caught, landed today
- Local-grower saffron
- Naturally gluten-free

TASTING NOTES

Crisp skin, pearly flesh, the round acidity of the beurre blanc, a warm breath of saffron.

DID YOU KNOW?

Saffron is hand-harvested: 150 flowers for a single gram of threads.

PAIRINGS

Wine

- Chablis 1er Cru — Burgundy
- Viognier — Rhône

Cocktail

- Wild-fennel spritz

PREMIUM UPGRADE

- Add caviar (+12 CHF)

CROSS-SELL

- Burrata di Puglia to start

UPSELL LANGUAGE

“Landed this morning — I’d take it pearly at the core.”

ADAPTATIONS

GF: Naturally gluten-free.