

Sea Bass with Pickled Cucumber and Spelt Salad

Serves 2 as a main course, or 4 as a starter.



Ingredients

Half a cucumber
Half a red onion – finely diced
*2 tbsp of **Cider Vinegar***
2 tsp Caster Sugar
150g Pearled Spelt
Small bunch of mint – leaves and stems separated
*1 tbsp **Olive Oil***
*2 **Smoked Sea Bass***
Small bunch of coriander
Juice of half lemon
***Halen Mon Sea Salt** and Pepper*

Cut the cucumber in half, lengthways, scoop the insides out and then chop into half-moons and place in a bowl with the sugar, **Cider Vinegar** and **Halen Mon Sea Salt** and pepper. Toss together so the cucumber is coated, leave to one side.

Rinse the pearled spelt and transfer to a pan, cover with cold water, then put it on a high hob before bringing to a simmer. Add the mint stems to the water to add flavour while it spelt cooks. Cook for 10 – 15 minutes or until the spelt is tender but still has a bite to it. Drain any excess water and leave to stand for 5- 10 minutes.

In the meantime, loosely cut the mint leaves and coriander into a serving dish and flake the **Smoked Sea Bass**. When the spelt has cooled add to the bowl and the pickled cucumber -



including the pickling juices. Add some **Olive Oil** and seasoning. Just before you serve, drizzle the lemon juice over the salad and toss again – Enjoy!

This also works well with **Traditionally Smoked Trout** or **Oak Roasted Salmon**.