

Mark Hix

Roasted sea bass with ras el hanout and cumin carrots

Serves 4



Here, cumin transforms the humble carrot into something truly extraordinary.

For the carrots

- 100ml olive oil
- 4 large shallots, thinly sliced
- 2 tsp cumin seeds
- 1 tsp ground cumin
- 4-6 medium-sized carrots, peeled and thinly sliced
- 300ml vegetable stock
- 2-3 tbsp finely chopped coriander, stalks and all

For the fish

- 4 portions of sea bass on the bone, weighing about 200g each
- a little corn or vegetable oil, for brushing
- 2-3 tsp ras el hanout

Preheat the oven to 220C/200C fan/gas mark 7.

First make the carrots. Gently cook 4 thinly sliced large shallots in 100ml olive oil with 2 tsp cumin seeds and 1 tsp ground cumin in a pan on a low heat for 2-3 minutes, without

colouring, stirring every so often. Add 4-6 sliced medium-sized carrots and 300ml vegetable stock, season, bring to the boil, and cook on a medium heat until just tender (5-10 minutes), stirring every so often. The liquid should be just coating the carrots like a dressing; if not, turn the heat up and cook on a medium heat until almost all the liquid has evaporated.

Meanwhile, place 4 portions of sea bass in an ovenproof pan or roasting tin. Lightly oil, season well with 2-3 tsp ras el hanout and some sea salt, and roast for 15 minutes until the fish is just cooked.

To serve, spoon the carrot and shallot mixture on to warmed plates and place a piece of fish on top.

Mark Hix MBE

Chef, food writer and advisor

Mark Hix is a celebrated chef and award-winning food writer. Our Captain, Darren, met Mark when they were at catering college together in Dorset, and have been friends ever since.

Follow him online and social media for more recipes and event updates.

Website markhix.co.uk

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Mark is frequently lauded as one of Britain's most eminent restaurateurs with an unrivalled knowledge of ingredients with provenance. He is an award-winning author and food writer with 12 cookbooks to his name, the latest of which, *Hooked*, regales stories of fishing from his childhood through to the present day. He has an award-winning weekly recipe column in *The Telegraph Magazine*, with previous contributions to print including *City AM*, *GQ*, and *The Independent on Saturday*, for which he was the food writer for 14 years. You'll also find his monthly columns in *Marshwood Vale* and *Dorset Magazine*.

After overseeing top London restaurants The Ivy, Scotts, Le Caprice and J Sheekey for 17 years, Mark opened his iconic HIX restaurants which included the likes of Tramshed, Hixter, Mark's Bar and HIX Oyster & Chop House, which sadly closed in the pandemic. After closing his last site, The Oyster & Fish House, in December of 2024, he is now focussed on his events, writing and advisory roles. He also hosts an array of culinary events including the unique Mark's Kitchen Table which takes place at his Charmouth home, as well as taking guests foraging for wild food and fishing off the Dorset coast.