

Black Chilean Sea Bass crusted with Porcini mushrooms and a port wine reduction

Ingredients:

7 oz. Pavé of Black Sea Bass with the skin on
Dried porcini mushrooms
Coarse salt and pepper
Olive oil
2 cups of port wine

Start by grinding dried porcini mushrooms into a fine dust. Using a coffee grinder for this operation is ideal.

Sprinkle olive oil on flesh side of fish and season with coarse salt and pepper, then gently coat with the porcini mushroom powder.

Sear in a hot pan with olive oil, be careful not to burn the porcini powder.

Transfer to a baking sheet and bake in a 400-degree oven for approximately. 5-8 min.

For the sauce, reduce port wine in a pan to a syrup consistency

Serve with mashed potatoes and your favorite vegetables and coat bottom of plate with port wine reduction. Enjoy!

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Presentation

Introduce recipe

Chilean sea bass

Also known as Patagonian tooth fish are caught on individual hooks in the cold Antarctic waters of Chile, Argentina and Australia

They average a weight of about 20 pounds but can grow up to 100 pounds

They are an oily fish, which makes them great for grilling

They contain high level of omega 3 unsaturated fat

They have become in the past 10-15 years one of the most popular fish in North America

Today I will serve the fish seared in a hot pan with a crust of porcini mushrooms, which will give it a nice woodsy, smoky flavor It will be served with a port wine reduction.

We will also prepare a fingerling potato and roasted dates salad with lukewarm vinaigrette infused with cumin

- 1st reduce port wine in large skillet
- 2nd boil potatoes
- 3rd cut fish and cook
- 4th prepare potato salad