



From Our Boats To Your Table!

Black Sea Bass with Corn and Jumbo Lump Crab Sauté

Ingredients

- 8 ounces black sea bass fillet, cleaned and scaled, skin on
- Salt and freshly ground black pepper
- 2 ounces blended olive oil, plus 2 ounces
- 2 ears fresh sweet corn, cut off the cob
- 1/4 cup diced onion
- 1/2 red bell pepper, diced
- 1 teaspoon diced poblano pepper
- 2 ounces jumbo lump crab, picked over and cartilage removed
- 1 tablespoon minced chives
- 1 teaspoon chopped fresh thyme leaves, plus 1 sprig for garnish
- 1/2 cup chicken stock
- 2 tablespoons sweet butter, cold
- 2 to 4 roasted fingerling potatoes

Directions

- 1) Score the skin side of the fillet. Season the fish with salt and pepper
- 2) Preheat a pan over high heat and add 2 ounces of olive oil. When the oil is smoking, add the fish, skin side down. Reduce heat to medium and press fillet with a spatula to crisp the skin.
- 3) When the skin is browned, flip fish.
- 4) Remove from pan and keep warm.
- 5) Add the remaining 2 ounces olive oil to the sauté pan. Add the corn, onion, red pepper, and poblano pepper and sauté for 1 minute.
- 6) Add the crabmeat, chives, add chopped thyme, stirring to blend. Adjust seasoning to taste.
- 7) Add the chicken stock and whisk in the butter to form a sauce. Reduce until sauce consistency.
- 8) Arrange the sautéed vegetable mixture in a large serving bowl. Top with the warm bass fillet and roasted fingerling potatoes.
- 9) Garnish with a sprig of thyme.