



Black Sea Bass with Corn and Jumbo Lump Crab Sauté

Serves 1

Ingredients

- 8 ounces black sea bass fillet, cleaned and scaled, skin on
- Salt and freshly ground black pepper
- 4 ounces blended olive oil, divided
- 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 sea bass fillet (make a few small slit marks in the skin with a sharp knife). Season the fish with salt and pepper.
2. Preheat a medium saute 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. When the skin is browned, flip fish. (The total cooking time for the fish should be 5 minutes). Remove from pan and keep warm.
3. Add the remaining 2 ounces olive oil to the saute pan. Add the corn, onion, red pepper, and poblano pepper and saute for 1 minute. Add the crabmeat, chives, and chopped thyme, stirring to blend. Adjust seasoning to taste. Add the chicken stock and whisk in the butter to form a sauce. Reduce until sauce consistency.
4. Arrange the sauteed vegetable mixture in a large serving bowl. Top with the warm bass fillet and roasted fingerling potatoes. Garnish with a sprig of thyme.