SEA EAGLE MARKET

From Our Boats To Your Table!

Roasted Striped Bass

Serves 6

Ingredients

- 2 tablespoons olive oil
- 1 cup chopped yellow onions
- 2 ounces pancetta or bacon diced
- 1 tablespoon chopped garlic
- 28 ounce can plum tomatoes, drained and diced
- 1 teaspoon saffron threads
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup cooking wine (or dry white wine)
- 1 teaspoon saffron threads
- 1/4 Pernod (optional)
- 1 (2 to 3 pound) striped bass fillet, skin removed
- 1 pound large shrimp, peeled and deveined
- 24 mussels, cleaned and debearded
- 2 tablespoons chopped parsley

Directions

Preheat the oven to 350 degrees F. Heat the oil in a medium saute pan and saute the onion and pancetta (or bacon) over medium-low heat for 10 minutes, or until the onion is translucent. Add the garlic and cook for 1 more minute. Add the tomatoes, saffron, salt, pepper, wine, and Pernod (if using) and simmer over medium heat for 5 minutes. Meanwhile, lay the fish in a 10 x 14 inch baking dish and sprinkle with salt and pepper. Add the shrimp and mussels to the dish. Pour the sauce over the seafood and bake uncovered for 20 to 30 minutes, until the fish and shrimp are cooked through and the mussels are open. Sprinkle with parsley and serve.