



CHILEAN SEA BASS WITH CREAMED SPINACH AND SALSA

Serves 4

Preheat oven to 350 degrees. Begin by making salsa.

Salsa

1 C diced tomato
1/2 C diced red onion
2 oz balsamic vinegar
Salt, white pepper and pinch of sugar, to taste

Mix ingredients together and let marinate at least 45 minutes.

Fish

4 8-oz fillets Chilean sea bass
2 oz soy sauce
3 cloves minced garlic
1 tsp black pepper
1/2 tsp sugar

Wisk together soy sauce, garlic, pepper and sugar and marinate fish for 3-5 minutes. Bake at 350 degrees in a preheated oven for 18-22 minutes. While fish is cooking, prepare creamed spinach.

Creamed Spinach

3 oz. butter
1 small onion, finely diced
2 tsp. minced garlic
1 pkg. frozen chopped spinach, thawed
1 small can sliced mushrooms
1/2 tsp. ground fennel
1/2 tsp. ground nutmeg
1 T flour
1/2 C heavy cream
2 T parmesan cheese
Salt and pepper to taste

Gently sauté onion and garlic in butter until transparent. Add spinach, mushrooms, fennel, and nutmeg. Cook 3 minutes. Stir in flour and cook 2 more minutes. Add heavy cream and simmer 6-7 minutes. Mix in parmesan cheese. Simmer 2 more minutes. Stir and taste. Add more fennel, nutmeg or garlic as necessary and finish with salt and black pepper. Keep warm.

TO FINISH DISH: Place one quarter of creamed spinach (or substitute plain sautéed spinach) on each of plate. Center cooked fish on top of spinach and spoon salsa on top of fish.