



Chilean Sea Bass and Cucumber Salad



Chilean Sea Bass Ingredients:

- Chilean Sea Bass Fillets
- 1 cup Miso Paste
- ½ cup Sugar
- 1 cup Mirin (sweet sake)
- ¼ cup Soy

Sea Bass Method:

1. Preheat oven to 450F.
2. Mix all ingredients together and coat fillets
3. Heat some Grape Seed Oil in an ovenproof skillet on a high heat.
4. Dry the fillets thoroughly and season with salt and pepper.
5. Sear the fillets for about 3 minutes on each side, turning once, until you get a crispy golden crust on each side.
6. Transfer pan to the hot oven, roasting the fillet for about 5 minutes until just cooked through.

Note: When the fillet reaches the proper cooking temperature, it becomes opaque and flakes. A technique to tell if the fish is done is to poke the tines of a fork into the thickest portion of the fish at a 45-degree angle. Then gently twist the fork and pull up some of the fish. Undercooked fish resists flaking and is translucent.

Cucumber Salad Ingredients:

- 2 cups of thinly sliced cucumbers
- ½ cup of grated carrots
- 1 cup rice wine vinegar
- ½ cup sugar
- 1 tsp garlic chili paste
- Salt to taste



Cucumber Salad Method:

1. Mix vinegar, sugar, chili, and salt in a small saucepan and bring to a quick boil to dissolve sugar and salt.
2. Remove from heat and let cool.
3. Mix with cucumbers and carrots and toss, season with salt and pepper until all flavors come together.