

Sumac-Crusted Sea Bass with Spinach and Shaved Brussels Sprouts

Courtesy of: Chef Louie Jocson, Director of Culinary Operations, Zov's Bistros

(Yield: 2 servings)



Ingredients:

2 (6 ounces each) Australian sea bass (barramundi) skinless filets, see cook's notes

Coarse salt and freshly ground pepper to taste

Enough sumac to generously sprinkle one side of filets

2 1/2 tablespoons extra-virgin olive oil, divided use

2 teaspoons minced garlic

2 tablespoons minced shallots

2 teaspoons drained capers

1/2 cup fresh orange juice

Juice of 1 lemon

2 cups teardrop tomatoes or cherry tomatoes, halved top to bottom

4 tablespoons butter, cut into 4 pieces

Ingredients for Vegetables:

1 tablespoon extra-virgin olive oil

2 cups shaved Brussels sprouts, see cook's notes

2 cups spinach leaves

Garnish:

2 tablespoon microgreens, see cook's notes

Cook's notes:

-Salmon filets or any mild white fish can substitute for the Australian sea bass.

-The easiest way to shave (thinly slice) Brussels sprouts is to use a mandoline, but you can also cut crosswise with a sharp knife.

-Microgreens are immature salad greens harvested when they are only 14 to 20 days old; they are sold at Trader Joe's in refrigerated plastic containers.

Cooking Procedure:

1. Season fish filets with salt and pepper on both sides. Sprinkle sumac over one side. Heat 1 1/2 tablespoons oil on medium-high heat in a skillet that is large enough to hold both filets in a single layer. Brown fish sumac-side down; turn and heat until cooked through. Remove fish and set aside; keep it warm.
2. In a hot pan on medium-high heat, add 1 tablespoon oil. Add shallots, garlic and capers; cook just until garlic is tender but not browned, about 1 minute. Add orange juice, lemon juice and tomatoes; cook about 1 minute to reduce liquid. Off heat, stir in butter one piece at a time, allowing butter to melt before adding the next chunk.
3. Meanwhile, in another pan, heat 1 tablespoon oil on medium-high heat. Add spinach and Brussels sprouts. Cook, stirring occasionally, until spinach wilts and mixture is piping hot.

Plating:

Place vegetable mixture in center of two plates and top with fish. Pour sauce on top and around fish, and garnish with microgreens. Enjoy!