

Seared Farmed Striped Bass

with Chive Whipped Potatoes, Truffle Vinaigrette
and Hen of the Woods Mushrooms

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INGREDIENTS

For the striped bass

6 6-ounce portions farmed striped bass
(scale the fish, fillet it and leave the skin on)
1/2 cup Wondra flour
8 ounces sweet butter
Salt and pepper

For the potatoes

5 Russet potatoes, peeled and quartered
1 cup heavy cream
6 ounces unsalted butter
1/2 cup chive oil (see tip below)
Salt and pepper to taste

TIP

To make chive oil, blend one cup chilled vegetable oil with one bunch fresh chives in food processor. Add salt to taste. Reserve remainder in plastic squeeze bottle and refrigerate.

For the truffle vinaigrette

1/4 cup shallot, peeled and finely diced
2 cups chicken stock
1/4 cup sherry vinegar
3/4 cup truffle oil
1 cup grape seed oil/olive oil blend
Salt and pepper to taste

For the mushrooms

2 cups cleaned hen-of-the-woods mushrooms
3 tablespoons olive oil
1 teaspoon butter
3 tablespoons chopped shallots
1 tablespoon chopped garlic
1 teaspoon fresh thyme, leaves only
Salt and pepper to taste

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PREPARATION

For the potatoes

1. Put the potatoes in a sauce pot and cover with cold water. Add salt and bring to a boil. Cook the potatoes until tender, about 15 minutes.
2. Strain the water out of the pot and mash the potatoes with the cream, butter, and salt and pepper. Stir in the chive oil and keep warm until ready to serve.

For the truffle vinaigrette

1. Place shallots and chicken stock in a saucepan and reduce liquid to 1/2 cup. Add the vinegar and season to taste.
2. Place everything into a blender and, with the motor running, add the oils to emulsify. Set over low heat and keep warm until ready to use.

For the mushrooms

1. Sauté the mushrooms in olive oil and butter. Season with salt and pepper.
2. Add shallots, garlic and thyme. Sauté until shallots and garlic turn translucent. Keep warm.

For the striped bass

1. Place a large stainless sauté pan over medium high heat.
2. Season the striped bass with salt and pepper and dredge the skin side of the fish in the Wondra flour. When the pan is hot, add half of the butter and place the seasoned fish, skin-side down into the pan.
3. Lower the heat to medium, and, using a large spoon, begin to baste the fish as it cooks. The butter will begin to brown. Add the remaining butter to the pan as it cooks. This will allow you to have plenty of butter for continuous basting. The meat of the fillet will be cooked after approximately 5 minutes. Flip over the fillet and turn off the heat. Remove and serve.

Serving

Pour some vinaigrette on one side of each of six warm dinner plates. Place one cooked bass fillet in the pool of sauce and top the bass with some mushrooms. On the other side of each plate, scoop some of the potatoes out and arrange carefully. Garnish the pureed potatoes with a crisp potato chip and a piece of chive.

Serves 6.