

Sea Bass with Red Pepper Sauce

Recipe By Zehava Krohn



Cooking and Prep:  50
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Serves:  6

No Allergens

Preference: Parve

Difficulty: Medium

Occasion: Shabbat, Passover

Diet: Pescetarian, Gluten

Free, Low Fat, Low Carb

Source: Whisk by Ami

Magazine

Ingredients (10)

Sea Bass

- 1 and 1/2 pounds sea bass
- salt, for sprinkling
- 1 teaspoon fresh lemon juice
- 1 tablespoon **Bartenura Olive Oil**, for searing

Roasted Red Pepper Purée

- 1 large red pepper
 - 2 tablespoons distilled vinegar
 - 1 clove garlic, crushed or 1 cube **Gefen Frozen Garlic**
 - 1/4 cup plus 1 tablespoon **Bartenura Olive Oil**
 - salt, to taste
 - pepper, to taste
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Start Cooking

Prepare the Dish

1. Preheat oven to 400°F.
2. Place red pepper in oven and roast until skin is charred all over, about 35 minutes. Remove from oven and let cool. Remove the skin.
3. Season sea bass with salt and pepper. Rub in the lemon juice.
4. Heat olive oil in an ovenproof sauté pan. Add fish, skin side up, and cook until well browned, about 3 to 5 minutes. Flip fish and turn off heat. Place pan in oven and bake until fish is flaky, about 5 to 7 minutes.
5. In a food processor, combine roasted red pepper, vinegar, garlic, olive oil, salt and pepper. Blend until emulsified.
6. To plate, spoon 1 tablespoon of puree on plate and lay each sea bass portion on top. Sauce can be prepared ahead and served warm, cold, or at room temperature