



PAN SEARED LOCAL STRIPED BASS WITH TRI COLOR SALAD & GINGER SCALLION DRESSING

FISH

STEP ONE: Cut Striped Bass into 6oz portions- keeping skin intact.

STEP TWO: Score the skin using a sharp knife to prevent curling and season with sea salt and black pepper.

STEP THREE: Heat small amount of oil in a stainless steel frying pan.

STEP FOUR: Sear the Fish, skin side down. Then flip over and add ½ cup of white wine and continue cooking until just cooked through.

DRESSING

3 Tbs Minced Ginger
1 Tsp Minced Garlic
2 Bunches of Chopped Scallions
2oz of Orange Juice
4oz White Balsamic Vinegar
1 Tbs Whole Grain Mustard
1 Tbs Honey
16 oz of Extra Virgin Olive Oil
Salt & Pepper

Combine all ingredients with the exception of the oil in a blender and puree until smooth. Slowly add oil until thick and emulsified.

SALAD

Mix equal parts of red endive, mizuna and frisee with ginger scallion dressing and 1 cup of cherry tomatoes.

CRISPY CHICK PEAS

Toss well drained chick peas with olive oil, salt and pepper. Lay out flat on sheet pan and bake at 250 degrees for 20 minutes until lightly browned and crispy.

PRESENTATION

Pile medium sized portion of dressed salad in center of plate. Place 6oz portion of fish on top. Garnish with whole leaves of red endive, crispy chick peas and extra dressing around the plate.