

# Pan Seared Chilean Sea Bass with Dashi

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## Plate Specifications:

1 ea. Large White Bowl

## Ingredients:

8 oz. (w) Chilean Sea Bass, block cut  
1/8 tsp. Salt & Pepper Mix [BS-1]  
1 oz. (v) Soybean Salad Oil  
2 oz. (v) Dashi Broth [L-84], hot  
1/3 cup Edamame, shelled, warm  
1 Tbs. Pickled Cucumber Slices [CP-98]



## Assembly Procedure:

Season both sides of fish with salt & pepper mix. Heat oil on griddle/flat top and place fish in center of oil. Cook fish until bottom side is golden and just cooked through (approx. 4 minutes). Flip over and sear to desired doneness.

Warm the edamame portion in the microwave.

### TO PLATE:

Place the edamame in the center of the bowl.

Pour the dashi broth over the edamame.

Place the fish on top of the edamame.

Attractively curl the pickle and place on top of the fish as garnish.