



Steamed Sea Bass with Asian Vegetables & Broth

Recipe created by Chef Casey Thompson

Ingredients:

4-5 oz portions of sea bass
1" knob ginger, peeled and sliced thin
1 red jalapeno, sliced
8 cilantro sprigs
2 baby bok choy, washed and cut into 1/4 slices, lengthwise
1 cup snow peas, strings removed
8 shiitake caps, stems removed and saved for another use
1 small bunch enoki mushrooms, dirt removed
1 tsp fish sauce
4 tsp soy sauce
4 T seafood stock
1/4 tsp red chile flake
4 tsp sesame oil
4 T butter
salt and pepper

cooked jasmine rice
1 lime cut into wedges

Preheat the oven to 375 degrees.

Cut 8 pieces of foil into 2, 10x12" sheets. On the bottom of 4 sheets, place, bok choy, mushrooms and jalapenos. Sprinkle a pinch of red chile flake onto the vegetables. On top of the first set of vegetables, place the snow peas. Place the sea bass on top of the snow peas. Season the fish with salt and pepper. Place the cilantro sprig, ginger and lastly the T of butter on top of the fish. Pull the bottom piece of foil half way up around the ingredients. Place 1/8 tsp fish sauce, 1 tsp of soy, 1 tsp of sesame oil and 1 T stock into the bottom of each package. Put the other sheet of foil on top of the ingredients and crimp the two sheets together to seal the package tightly. Place all 4 packages on a sheet tray.

Place the sheet tray in the oven. Cook packages for 10-12 minutes. Remove them from the oven and allow them to rest for 4 minutes. Open packages carefully by removing the top foil leaving the bottom foil with all of the ingredients and juices remaining. Place all ingredients into individual bowls. Serve with jasmine rice and wedge of lime and fresh cilantro sprig.

4 servings