
Striped Sea Bass with Artichoke and Mushroom Sauce

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 4

2 pounds fresh striped sea bass, brushed with oil
salt and pepper, to taste
1/4 cup pine nuts, toasted

ARTICHOKE & MUSHROOM SAUCE

6 tablespoons extra virgin olive oil
1 1/2 cups crimini mushrooms, sliced
1 clove garlic, minced
3 tablespoons fresh basil, chopped
1/4 cup sun-dried tomatoes, julienned
3/4 cup artichoke hearts, chopped
4 tablespoons balsamic vinegar

Prepare the fish to be grilled by brushing with olive oil and seasoning with salt and pepper. Prepare your grill to a medium-high heat.

This sauce is easy to prepare and can be made directly before you serve as long as everything is chopped ahead. Place your fish on the grill and close the cover (grill for five minutes). Prepare the sauce. Place the olive oil in a skillet. Sauté the mushrooms until nicely browned. Add the garlic, basil, sun-dried tomatoes and well drained artichoke hearts. Sauté until warm and flavors meld. Splash with balsamic vinegar and remove from heat.

Return to your grill and turn the fish over. Close grill and wait five minutes or until fish appears to be finished (opaque). Remove fish and place on individual plates and top with sauce. Garnish with toasted pine nuts.

Seafood Entrees