
Wild Striped Bass with Apple & Craisin Medley

Sendik's Fine Foods

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

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

2 pounds wild striped bass fillets
salt and pepper, to taste
1/4 cup pine nuts, roasted
1/2 cup wheat berries, blanched
4 tablespoons olive oil
2 tablespoons shallots, minced
2 gala apples, chopped
1/4 cup raisins
1/4 cup dried cherries
1/4 cup currants
4 tablespoons balsamic vinegar, Isola Three Leaf brand recommended
2 tablespoons chives, chopped

Skin the striped bass fillet. Season with salt and pepper. Return the fillets to the refrigerator.

Roast the pine nut and cool them. Blanch the wheat berries in 1-1/2 cups of water until soft.

In a skillet on medium-high heat, add 2 tablespoons of olive oil and then the fillets, skin side up. Sear for 3 to 4 minutes per side. Meanwhile in a second skillet on medium-high heat, add 2 tablespoons of olive oil. Add the shallots and sauté until transparent. Add the apples, pine nuts, raisins, dried cherries, wheat berries and currants. Sauté for 4 minutes stirring to get even heat distribution. When this mixture is hot, splash with the balsamic vinegar and stir to coat all the ingredients. Sprinkle in the chives and stir lightly.

The fish should be just about finished. Check the fish by using a fork to separate the flesh and visually make sure that the flesh flakes and is now opaque. If done, remove it from the pan. If not, return to the heat for 2 more minutes.

To serve, place each piece of fish on a plate and divide the medley into four equal portions. Place medley over the fillets making sure to spoon the balsamic evenly from the bottom of the pan.

Seafood Entrees