

SEA BASS WITH CREAMED CORN

Chef Paul Mattison

comments

Portion size may be increased for using as entree. This is sized for appetizers.
 After the sea bass has been sauteed, the fond that is left is used for flavoring the truffled creamed corn.

notes

Serves 4

prepare in advance

For the sea bass:	
Have available	4, 6-ounce sea bass portions Salt and pepper Saute pan
Create small amount of blended oils	One part olive oil One part canola or vegetable oil
For the creamed corn:	
Dice (small)	1/2 sweet onion 1/2 cucumber (European no seeds) keep skin
Cut off cob	5 ears corn on cob
Have available	Small amount of truffle oil (about 1/8 C) 2 T butter 2 C heavy cream

complete recipe

For the sea bass:

Season sea bass on both sides with salt and pepper
 Heat a medium sized saute pan on medium-high heat.
 When pan is heated, add 1 T of the blended oil
 Add fish to pan, skin side up.
 Cook for 4-5 minutes without moving (this will create the fond for the creamed corn), until it starts to brown on edges.
 Flip over and continue cooking for 5-6 minutes. Set aside.

For the creamed corn:

Melt a little butter in same pan used for fish
 Add onions and saute until soft (about 5 minutes)
 Add heavy cream; stir and simmer until slightly thickened.
 Add corn and cucumbers; cook in cream until corn is cooked (about 5 minutes)
 Remove from heat
 Add truffle oil (never overheat truffle oil)
 Season with salt and pepper

