

Chilean Sea Bass with Truffle Miso Glaze

Written by Written by Arizona Foothills Editor

Friday, 31 October 2008 17:00 - Last Updated Monday, 23 February 2009 01:41

Awaken your palate with this tempting seafood dish from Sushi Roku at the W Scottsdale Hotel & Residences.

6 oz. Chilean sea bass filet
1 T Olive oil
1 T Chopped shallots
1/4 C White cooking wine
1/4 C Truffle miso glaze sauce mix (see recipe)
1 T Olive oil (for grilling sea bass)
1 C Spinach (sautéed with garlic, salt and pepper)
1 C Crispy onions (see recipe)
1 sprig Chervil
1 T Diced tomato garnish

Crispy Onions:

1 Jumbo yellow onion, peeled and cut in half from top to bottom (slice onions very thin, wash in cold water and pat dry with paper towels)
1 C Cornstarch
1 tsp. Kosher salt
Soybean oil, as needed, for frying

Preheat oil to 300 degrees. Dust dry onions with cornstarch. Place in oil and fry until crispy (about two minutes). Drain and set aside until ready to use.

Miso Glaze Sauce:

1/4 tsp. Wasabi (paste, not dry)
2 oz. Japanese miso dressing (bottle)
1 tsp. White truffle oil (1 bottle)

Ground black pepper to taste

Mix all ingredients and chill until ready to use.

Grill sea bass, turning to make grill marks. Finish in oven. In a small sauce pan, sauté shallots with olive oil, then add white wine to deglaze. Add truffle miso glaze sauce mix and bring to a light simmer. Place sautéed spinach on center of plate and place sea bass filet on top of spinach. Drizzle sauce around and on top of fish. Garnish with crispy onions, diced tomatoes and chervil.