



Seared Chilean Sea Bass with Chilled Fruit Relish

INGREDIENTS

FRUIT RELISH

1/2 cup fresh cranberries
3 kiwi fresh Chilean kiwi, diced small
1/2 cup fresh Chilean strawberries, sliced thinly
1/2 cup fresh Chilean raspberries, whole
Zest and juice of 1 clementine
Zest and juice of 1 lemon
Zest and juice of 1 lime
1 large jalapeño pepper; cut in half, seeded and diced fine
1 tablespoon roughly chopped fresh cilantro
1 tablespoon finely diced green onion



6 Chilean sea bass fillets, skin on (about 6 ounces each)
Salt and pepper; to taste
Vegetable oil; for sautéing

INSTRUCTIONS

Fruit Relish: Cook cranberries with small amount of water to make sauce; chill thoroughly. In bowl, toss raspberries, strawberries, kiwi together. Add zest and juice from clementine, lemon and lime. Stir in jalapeño pepper, cilantro, onion and cranberry sauce; mix well. Chill for 24 hours before serving.

Chilean Sea Bass: Heat sauté pan on medium. Season sea bass with salt and pepper on flesh side only. Add oil to hot sauté pan and sauté fish flesh side down, until nicely browned. Turn skin side up and finish in preheated oven at 350°F, bake for 8 to 10 minutes.

To assemble: arrange fillet on bed of lettuce and top with 1/4 cup Fruit Relish.

SERVES 6

Recipe for the Chilean Fresh Fruit Association, by Paul W. Hilton, Unit Chef, University of Northern Colorado, Greeley, CO