



Chilean Sea Bass with Sautéed Watercress and Sweet Potato Purée

INGREDIENTS

Pan-Seared Sea Bass

- 2 filets Chilean sea bass, about 5 oz
- 1 tsp sea salt, ITEM 6922
- 1 tsp ground pepper, ITEM 5093
- 3 tbsp butter, divided, ITEM 3731
- 1 tsp minced garlic, ITEM 10643
- 1 tsp oregano, ITEM 3870
- 1 lemon, ITEM 3036
- italian parsley, to garnish, ITEM 1342

Sautéed Watercress

- 2 tbsp olive oil, ITEM 8347
- 6 garlic cloves, minced or grated, ITEM 6190
- 2 bunches watercress, trimmed and rinsed thoroughly, ITEM 1718
- 1/2 tsp kosher salt, or to taste, ITEM 2094

Sweet Potato Purée

- 3 pounds sweet potatoes, peeled & cut into 1-inch chunks, ITEM 7103
- 1/2 cup half-and-half, ITEM 5771
- 1 1/2 teaspoons grated orange zest and 1/2 cup freshly squeezed orange juice, ITEM 3040
- 1/4 teaspoon ground cayenne pepper, ITEM 2240
- Kosher salt, ITEM 2094
- Freshly ground black pepper, ITEM 12838
- 12 tablespoons (1 1/2 sticks) unsalted butter, at room temperature, ITEM 3731

DIRECTIONS

Pan-Seared Sea Bass

1. First, pat sea bass dry with paper towels, then season both sides with sea salt and pepper.
2. Add 1 tablespoon butter to a large skillet over medium heat.
3. Once butter melts, place fish skin side down. Cook for 5 minutes
4. Meanwhile, melt the remaining 2 tablespoons of butter in the microwave. Stir in minced garlic and oregano.
5. Flip fish. Then, pour butter sauce over the fish. Add sliced lemons to the skillet.
6. Cook for another 5 minutes or until fish is flaky.
7. Finally, remove from skillet and serve pan seared Chilean sea bass. Garnish with sauce from pan and fresh parsley if desired.

Sautéed Watercress

1. Heat oil in a skillet or wok over medium heat. Add garlic and sauté until fragrant.
2. Add watercress and salt; cook, stirring constantly, for about 40 seconds.
3. Add 2 tablespoons water and stir. Cover and cook for 25 seconds, or until leaves are wilted.

Sweet Potato Purée

1. Place a steamer insert or a mesh colander in a large pot and add enough water to reach the bottom of the steamer. Place the sweet potatoes in the steamer and bring the water to a boil. Cover the pot, lower the heat, and cook over simmering water for about 25 minutes, until very tender. Check occasionally to be sure the water doesn't boil away.
2. Transfer the sweet potatoes to the bowl of an electric mixer fitted with the paddle attachment. With the mixer on low, slowly add the half-and-half, orange zest, orange juice, cayenne pepper, 1 tablespoon salt, and 1 teaspoon black pepper. With the mixer still on low, add the butter, 1 tablespoon at a time, until incorporated. Taste for seasonings and mix until smooth.

Lay the pan-seared sea bass in a bed of sweet potato purée, top with sautéed watercress. Serve hot.

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