

# Striped Bass with *Catalan Spanish-inspired* Broccoli with Pine Nut Sauce

a *barton seaver*  
recipe brought to you by:

**BLUE OCEAN INSTITUTE**  
*Inspiration, Information, Action*

## ingredients: *Striped Bass*

- \_\_\_ 1 T cooking oil
- \_\_\_ 4 5-oz. wild striped bass, skin on
- \_\_\_ Water
- \_\_\_ Kosher salt

## ingredients: *Pine Nut Sauce*

- \_\_\_ 1 c diced onion
- \_\_\_ 8 cloves garlic
- \_\_\_ ¾ c pine nuts
- \_\_\_ Juice of 1 lemon
- \_\_\_ 1 T molasses

## ingredients: *Broccoli*

- \_\_\_ 1 large head broccoli
- \_\_\_ 1T butter
- \_\_\_ ½ c diced onion
- \_\_\_ ¼ c currants
- \_\_\_ Pinch esepette chili

## Purchasing factors within this dish:



**Striped Bass** populations reached severe lows in the 1980s, but strong management has helped them rebound. Striped bass fisheries utilize a range of gears, many of which have minimal impacts on habitat such as hook and line gear and midwater gillnets. There is work underway to assess bycatch. [Striped Bass contain levels of mercury or PCBs that may pose a health risk to adults and children. Refer to <http://www.edf.org/seafood> for more details.]

## directions: *Pine Nut Sauce*

1. Add **1cup** chopped onion and **8 large cloves** of garlic with **1 ½ cup** olive oil in a saucepan. Bring to a simmer and continue to cook for approximately **7 min**, or until onions and garlic are soft.
2. Add **¾ cup** pine nuts and continue to simmer for another **5 min**, or until the pan is aromatic with a toasty, nutty smell.
3. Add juice of one lemon and **1T** molasses and remove to a variable speed blender. Add in **1cup** water and begin to puree on low speed, gradually increasing the speed until mixture is uniformly smooth.
4. Pass through a fine mesh strainer using the back of a spoon.

## directions: *Broccoli*

1. Bring **4 qt** heavily salted water to a boil. Put broccoli florets in water for **90 secs**. Strain and place on a rack to cool to room temp.
2. In a large sauté pan brown **1T butter** and add **1/2 cup** diced onion - cook until soft.
3. Add in **pinch** of esepette chili, currants and broccoli florets. Toss to combine, and place in oven **set to broil**. Cook until edges of broccoli begin to char and crisp - about **3-5 min**.

## directions: *Cooking the Fish*

1. Generously season the fillets with kosher salt **20 min** before you begin to cook them.
2. Get a cast steel or cast iron pan on high heat. Add in **1T cooking oil**. When oil is very hot carefully place fillets skin side down in pan. Gently press each fillet down with spatula to ensure skin is in even contact with pan before adding next fillet.
3. Cook until skin begins to crisp and take on golden brown color - should be about **3 min**. Gently flip fillets and turn off the heat - allow to sit for about **2 min** in order to continue cooking using the built up heat of the pan.

**To serve:** Evenly divide broccoli between 4 plates, and top each with onion and currant mixture from pan. Place a spoonful of pine nut sauce, and spread out using back of spoon in front of broccoli. Place bass fillet so that it rests on broccoli. Drizzle a little olive oil over the plate.

**serves four.**

**Be sure to ask your fishmonger where the fish came from and how it was caught to determine if it's the ocean-friendly seafood you're looking for.**