



SweetWater Bar & Grill

Pan-Seared Chilean Sea Bass with Sweet Potato Hash, Sautéed Spinach and Orange Soy Reduction

Serves 4

Pan-Seared Chilean Sea Bass

- 4 6 oz center-cut Chilean sea bass filets
- 6 tbsps extra virgin olive oil
- to taste salt and pepper

Sweet Potato Hash

- 4 cups sweet potatoes, diced
- 1 tsp curry powder
- 2 slices Applewood-smoked bacon, finely sliced
- 2 tbsps extra virgin olive oil
- 1 medium white onion, finely chopped
- 2 cloves garlic, minced
- to taste salt and pepper

Method:

Preheat oven to 350 degrees. Dry the sea bass filets well then season with salt and pepper. In a large sauté pan, add the olive oil and heat to a slight smoke. Add and sear the sea bass for approximately 7 minutes, until the fish is a golden color. Remove the fish from the pan and place on a baking sheet. Place in the oven and cook for 5 minutes. Remove from oven and set aside.

To cook the sweet potato hash, add olive oil to a sauté pan and heat over medium-high. Once the oil is hot, add the onions and sweet potatoes and sauté for 3 minutes. Add the garlic, bacon, salt, pepper and curry powder. Sauté for 3 minutes or until the sweet potatoes have softened but still have a bite. Reserve the curry oil that remains in the pan.

Place the sweet potato hash in the center of the plate and drizzle with the reserved curry oil. Add a layer of the sautéed spinach on top the sweet potatoes then gently top with the sea bass. Finish with a few tablespoons of the orange soy reduction and serve.

WHEN YOU GO

SweetWater Bar & Grill
10 Route 130 North • Cinnaminson
856-829-7458 • sweetwaternj.com



George Kyratas, executive chef

Find the sautéed spinach and orange soy reduction recipes at sjmagazine.net.