

SARATOGA®

Seared Chilean Sea Bass

WITH JALAPEÑO & MANGO SALSA

Pairs with Saratoga Still Spring Water

This recipe pairs best with Saratoga Still Water. The low minerality of Saratoga lends itself well to light seafood recipes. The still water enhances the fruity, savory notes of this recipe.

- SERVES 2 PEOPLE
- COOKS IN 1 HOUR



Ingredients

SEA BASS

1 lb Chilean sea bass
3 tablespoons safflower oil
Kosher salt, as needed
pepper, as needed

TOPPING

½ small peach, chopped
½ cup chopped mango
1 small jalapeño, seeded & chopped,
divided
½ avocado, chopped
1 tablespoon lime juice
olive oil as needed
2 tablespoons ghee or butter
salt as needed
sea salt flakes for serving

step

BY STEP

• Step 1/5

Remove sea bass from the refrigerator, pat dry, and season with salt and pepper.

• Step 2/5

Combine the chopped peach, mango, half of the jalapeño, and avocado in a medium bowl. Drizzle with olive oil and add lime juice. Season with salt to taste and stir.

• Step 3/5

In a small saucepan over medium heat, melt the ghee or butter. Once warm, add in the remaining half of the chopped jalapeño and cook until fragrant. Strain jalapeño, season with salt to taste, and set aside.

• Step 4/5

Heat three tablespoons of safflower oil over medium-high heat. Once hot, add the sea bass, skin side up, and sear undisturbed for 4 minutes. Gently flip and cook for an additional 3-5 minutes, or until sea bass is opaque.

• Step 5/5

Immediately remove from heat and drizzle jalapeño ghee over the fish.

• To Serve

Spoon peach, mango, jalapeño & avocado salsa over the sea bass before serving.

