

Seabass with Porcini Mushroom Sauce

This fish preparation would be delicious with any firm white fish. The technique of grilling the fish first, then finishing in the oven helps the fish cook evenly and prevents it from being overcooked. You can use this technique with any type of meat as well.

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| 1 ounce | dried porcini mushrooms | 1 sprig | thyme |
| 2 Tbsp | olive oil | 8 | 6 oz. portions sea bass or firm white fish |
| 16 ounces | crimini mushrooms or button mushrooms | 1 Tbs | olive oil |
| 1 clove | garlic, minced | | |

- 1 Soak dried porcini in 1 cup hot water in small bowl for 20 minutes or more.
- 2 Coat sea bass filets with olive oil and season with salt and pepper. Set aside while you prepare the sauce. Prepare grill and heat oven to 350°.
- 3 Slice crimini mushrooms. Heat 2 T olive oil in skillet over medium-high heat. Add crimini mushrooms. Saute until mushrooms give off some liquid.
- 4 While mushrooms are cooking, drain porcini; reserve soaking liquid. Coarsely chop the porcini and add to the skillet along with minced garlic and thyme.
- 5 Strain porcini soaking liquid through cheesecloth or coffee liner to remove any sediment. Add to skillet. Bring mushroom sauce to a boil and let liquid evaporate to reduce. When mixture begins to thicken, turn off heat. Season with salt and pepper.
- 6 Grill seabass to obtain grill marks on each side of the fish portions. Place on baking sheet and then into hot oven. Prepare plates with side dishes and reheat mushroom sauce.. After about 8-10 minutes, remove fish from the oven and place on plate with side dishes. Top the seabass with the mushroom sauce.

Servings: 8

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Inactive Time: 20 minutes

Total Time: 1 hour

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 223 calories, 80 calories from fat, 9g total fat, 127.2mg cholesterol, 113.2mg sodium, 643.5mg potassium, 4.7g carbohydrates, <1g fiber, <1g sugar, 30.3g protein.

Recipe Type: Fish and Shellfish, Main Dish, Sauce

Source

Author: Patricia K. Rose

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