

Fillet of Sea Bass in a Golden Potato Crust with Rhubarb Coulis

(Yields: 4 Servings)

For this recipe you will need:

Rhubarb Coulis:

- 4 cups young rhubarb, diced (1 ½ - 2 lbs)
- ½ tablespoon butter
- 1 cup Port
- 3 tablespoons sugar
- Salt & pepper, to taste

Potato Crust:

- 2 large Russet potatoes, peeled (about 12 oz each)
- 1 quart Canola oil, for deep frying
- Salt, to taste

Fish:

- 3 tablespoons virgin olive oil
- 1 thick fillet of Sea Bass, boned and cut into 4 equal portions (about 1 ¼ lb)
- Salt & pepper, to taste
- 1 bunch fresh chervil, minced, for garnish

To prepare the coulis, place the rhubarb, butter and port in a non-reactive saucepan, stir together, and cover with a lid. Bring the mixture to a simmer over medium heat, and cook for 5 to 7 minutes, or until the rhubarb is soft. Remove the lid, stir in the sugar, and cook for 2 more minutes. Transfer the mixture to a blender and puree until smooth. Season with salt and pepper and keep warm.

To prepare the crust, julienne the potatoes with a mandoline into 1/16-inch-thick strips, and rinse in cold water to remove the starch. Drain and pat dry.

Pour the canola oil in a large, deep skillet to a depth of 2 inches, and heat to 325F. When the oil is hot, add the potatoes in 2 to 3 batches and fry for 8 to 10 minutes, or until golden brown. Carefully remove the potatoes from the oil with a slotted spoon, and drain on paper towels. Season with salt, transfer to a work surface, and coarsely chop. Transfer to a mixing bowl and set aside.

Preheat oven to 375F.

To prepare the fish, lightly brush a small roasting pan with olive oil. Season the fish with salt and pepper. Coat the fish on both sides with 2 teaspoons of the olive oil. Dredge the fish, on one side only, in the chopped potatoes to coat generously.

Place the coated fillets slices, crust side up, in the roasting pan, and sprinkle with the remaining 1 teaspoon of olive oil. Bake in the oven for 6 to 8 minutes, depending on the thickness of the fish; it should be barely cooked through and moist, and the crust should be crisp and golden.

Spoon about 1 ½ tablespoons of the rhubarb coulis in the centre of each warm serving plate. Spread the coulis into a 4- or 5-inch circle. Carefully place the fish on top of the coulis, sprinkle with the chervil, and serve immediately.