

Nage Courte of Striped Bass

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Preparing the fish

Place the fish in a large plastic bag and, using a spoon, remove the scales. Using a sharp knife, cut under the gills and along the backbone to remove the fillets from each side of the fish.

Step 1: Preparing the fish

- 2 whole striped bass, heads removed, about 1 ½ to 2 pounds or 4 fillets, about 6 ounces each

Step 2: Preparing the vegetables and cooking the fish

- 1 leek, cut into julienne
- 1 large carrot, cut into julienne
- 4 strips lemon zest, cut into julienne
- 5 garlic cloves, thinly sliced
- 1 small red onion, thinly sliced
- ¾ cup water
- ¾ cup dry white wine
- 1 ½ tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 1 tablespoon unsalted butter

In a large shallow pan, combine the julienned leek, carrot and lemon zest, and the garlic and red onion. Add the water, wine, olive oil and salt, and bring to a boil over high heat. Reduce the heat, cover and simmer gently for 2 minutes.

Place the fish fillets on top of the vegetables in a single layer and top with the butter. Bring to a boil, reduce the heat, cover and cook gently until the fish is cooked through, 3 to 5 minutes.

Step 3: Serving

- ¼ teaspoon freshly ground black pepper

Remove the cooked fillets to a tray. Spoon the vegetables onto 4 serving plates or shallow bowls and set a fillet on top of each. Bring the liquid to a boil to emulsify the sauce, add the pepper and spoon the sauce over the fish. Serve immediately.