
Sea Bass in Shredded Potato and Leek Crust with Lemon Aioli

Phillis Carey cooking class, 2014

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2 large baking potatoes (1 pound total)

1/2 cup leek, trimmed (leaving some green), split, washed, and finely chopped (green onions may be substituted)

1 tablespoon grapeseed oil

1 tablespoon unsalted butter

1/2 teaspoon salt

24 ounces sea bass fillets (about 6 ounces each and between 1/2-3/4" thick)

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

1. Make Aioli: combine ingredients in a small bowl, seasoning to taste with salt and white pepper. Refrigerate until serving time.
2. Wash and peel the potatoes. Shred the potatoes on the large holes of a box grater. (You should have about 2 2/3 cups.) Drain well in a colander, then combine in a bowl with the leeks, salt and pepper.
3. Heat the oil and butter in a large skillet, preferably nonstick, over medium high heat. Meanwhile, sprinkle half the salt on the fillets. When the oil and butter are hot, spoon 4 small, evenly spaced mounds (the shape of your fish fillets) of the shredded potatoes and leek (each about 1/3 cup) into the skillet. Press a portion of fish into each mound and cover the fish with the remaining potatoes. Sprinkle with the remaining salt.
4. Cook over medium-high heat for 6 to 7 minutes. Turn them carefully with a large spatula (or use two spatulas) and cook them for 6 to 7 minutes on the other side. The potatoes should be nicely crusted on both sides and the fish just cooked. Use a fork to carefully insert near the center and pull slightly apart - if the fish flakes, clear through, it's done.
5. If the fish is thicker and not cooked through at this point, place fish mounds on a rack set over a baking sheet and bake at 375°F for about 6-7 more minutes. Serve immediately with a dollop of the aioli on top of each piece.

Per Serving (excluding unknown items): 300 Calories; 10g Fat (30.0% calories from fat); 33g Protein; 18g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 390mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.