

Orange Maple Miso Glazed Sea Bass

Recipe by Chef Daniel LaGarde, CEC, Executive Chef, Do More With Maple

DO MORE WITH
Maple

INGREDIENTS:

- 4 ea (5 oz) Sea bass fillet
- 8 oz maple miso glaze
- 10 oz lentil salad
- 1 oz pea shoot salad

PREPARATION:

1. Season Sea bass with sea salt and pepper, pan-sear on both sides.
2. Glaze with orange maple miso; finish cooking in the oven until medium rare.
3. Place on top of lentil salad.
4. Toss 1 oz of pea shoot salad with a drizzle of olive oil; season with sea salt and pepper; place on top of the glazed Sea bass.

GLAZE INGREDIENTS:

- ½ cup white miso
- ½ cup maple butter
- 2 tablespoons orange juice reduction
(reduce 10 oz of orange juice to 2 oz)
- 1 tablespoon Dijon mustard
- 2 oz sake

GLAZE PREPARATION:

Mix all ingredients together and reserve.

SALAD PREPARATION:

Mix all ingredients together, season with sea salt and refrigerate until serving time.

SALAD INGREDIENTS:

- 1 cup cooked lentils
- 1 tablespoon brunoise of carrot, blanched
- 1 tablespoon brunoise of zucchini
- 1 tablespoon brunoise of yellow squash
- 1 tablespoon brunoise of shallots
- 2 teaspoons chopped fresh mint
- 1 teaspoon balsamic vinegar
- 2 tablespoons truffle oil

Makes 4 servings



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