



Greenmarket Recipe Series

CURED BLACK BASS WITH APPLES

BY CHEF ANDREW KEITH OF GLORIA

Ingredients:

For the fish cure:

- 200g kosher salt
- 200g white sugar

For the juice:

- *100g sorrel
- *100g cilantro
- *1 small green apple
- *2-3 serrano chiles
- juice of approx 3 limes (reserving some to dress the apple and fish)
- extra virgin olive oil

For the apples:

- *1-2 green apples
- kosher salt to taste
- lime juice to taste
- extra virgin olive oil to taste

For the fish:

- *1 whole black bass
- fish sauce to taste
- lime juice to taste
- extra virgin olive oil to taste
- *coriander seeds

** Ingredients available seasonally at your neighborhood Greenmarket*

Instructions:

For the black bass:

1. Break down the black bass, reserving the frame and head for stock.
2. Skin the filets and remove any bones.
3. Cover filets in the 50/50 salt/sugar cure, and place on a wire rack, uncovered in the refrigerator for 30 mins.
4. After 30 minutes, rinse off cure and pat dry with a paper towel. Return to a rack and refrigerate for at least 1 hour or overnight.
5. Slice fish "with the grain" into thin slices. Preserving roughly 50 grams.

For the juice:

1. Juice sorrel, serranos, cilantro, and green apple together. Season with lime juice to taste.
2. Note: In the restaurant we add a little salt which makes the juice oxidize and lose its nice green color. To compensate we add a bit of Ascorbic Acid (Vitamin c) which prevents oxidation. If you want a nice, vibrant green, I recommend juicing at the last second and not adding salt.

For the plating:

1. Dress your black bass slices with lime juice, fish sauce, and a pinch of salt. Taste. It should be too intensely sour and salty. You are trying to see if there is a balance between the two, however overpowering they may be. Drizzle liberally with extra virgin olive oil. Taste again. The heavily

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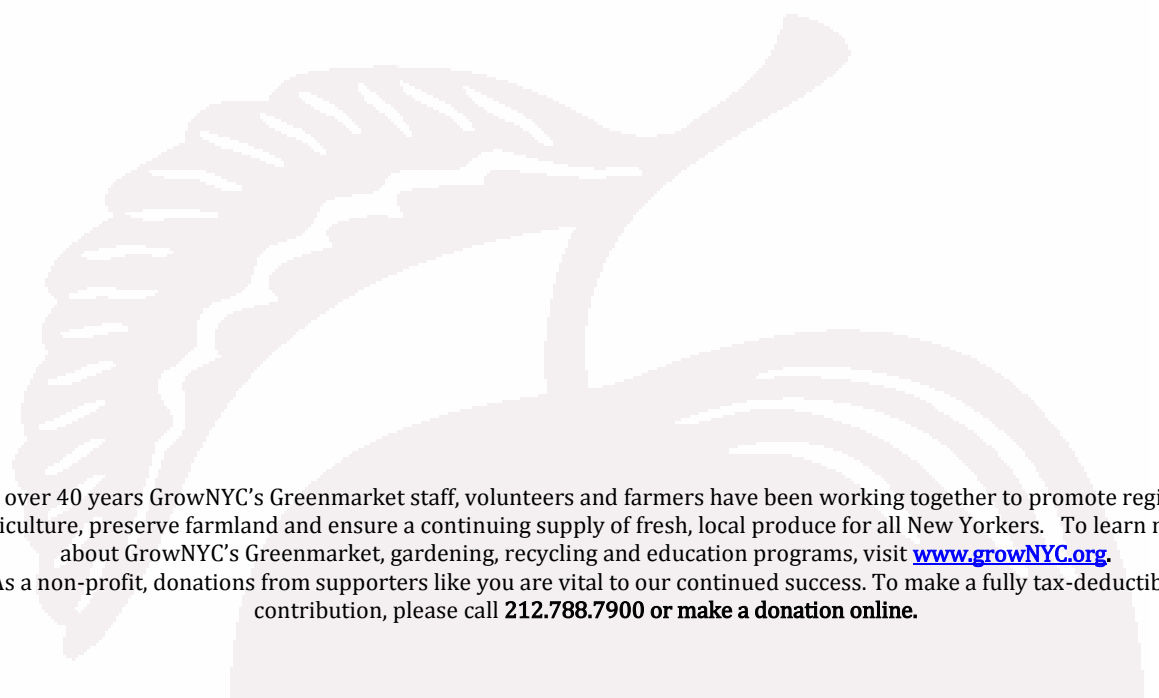
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seasoned fish is now mellower, and you may find you want even more of the richness of the olive oil. Allow fish to sit in dressing.

2. Slice green apples vertically on a mandolin. You want something translucent when held to the light but certainly not fully transparent and paper thin.
3. Cut a few thin serrano slices and add as many as you like or none at all.
4. Add a pinch (or two) of toasted coriander seeds to the fish slices.
5. Arrange a few fish slices (as well as the serrano, coriander, and some of the dressing) in a circle in a shallow bowl. Keep the juice and extra “bits” inside a tight circular wall.
6. Dress your apple slices to your liking with lime juice, salt, and extra virgin olive oil.
7. Arrange your apple slices to cover the fish. Mix some green juice and extra virgin olive oil in a container and pour over the apple slices.



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