

Sea Bass with Ginger, Mushrooms & Asparagus



Sirve:

2 servings

Pieza:

1 Qt./9 L Sauce Pan with Cover
3 Qt./2.8 L Sauce Pan with Cover
2.5 Qt. (1.49L) Culinary Basket

Valora: ★★★★★☆

Contribuido por:

Chef Sergio Corbia

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Descripción de la Receta:

An easy seafood recipe that is sure to delight the palate.

Watch Chef Sergio prepare this one-dish meal.

1 sea bass fillet (approximately 6 ounces), skin removed
1/2 teaspoon
salt
(3
g)
1/2 teaspoon
black pepper
(1
g)
pinch of cayenne pepper
1/4 cup
ginger root, sliced, use Cone #4, divided
(24
g)
2 cups
mushrooms, sliced, use Cone #4
(140
g)
2 cups
asparagus, cut into 2-inch pieces
(268
g)
1 1/2 cups
water
(500
mL)
1 tablespoon
sesame oil
(15
mL)
1/2 cup
soy sauce, low sodium

(240
mL)
4 tablespoons
cilantro, chopped
(4
g)
8 scallions, sliced diagonally

Preparación :

1. Rinse sea bass and sprinkle with salt, pepper and cayenne pepper.
2. Line culinary basket with parchment paper and place fillet on paper. Top with $\frac{1}{2}$ of ginger slices. cover with mushrooms, asparagus and remaining ginger.
3. Place water in 3 Qt./2.8 L Sauce Pan and place culinary basket in pan and cover. Set heat on medium. When Vapo-Valve™ clicks, reduce heat to low and cook until done, approximately 10 - 12 minutes. When done, move pan to sink, remove culinary basket and drain in sink.
4. Meanwhile, in 1 Qt./9 L Sauce Pan over medium heat, heat oil and soy sauce for 1 - 2 minutes.
5. Cut fillet in half and plate fish. Top with cilantro and scallions. Drizzle sesame oil-soy sauce over fish and surround with mushrooms and asparagus.

Consejos:

- Can use extra ginger for taste.
- Can substitute Bragg Liquid Amino in place of soy sauce.

Información nutricional por ración

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Calorías: 275
Grasa Total: 10g
Grasa 2g
Saturada:
Colesterol: 45mg
Sodio: 2810mg
Carbohidratos: 20g
Fibra 6g
Dietética:
Azúcar: 6g
Proteína: 30g