

Sea Bass In Savory Purse Barolo

By: Tim Smith

Pastry Purses

6 T butter, melted
4 - 6 oz rectangular slabs of fresh Chilean Sea Bass (approx. 2"x 2" x 4")
4 - 12 x 12 commercially available frozen puff pastry sheets
bunch of fresh thyme, leaves de-stemmed and set aside
1 lb green beans (boiled for 7 min and quenched to crisp)
egg wash (1 egg white and same amount of water)
1 T butter
1 garlic clove, minced

Sauce

1 T butter
handful fish bones
1 shallot, finely diced
1 bottle Barolo wine or similar, a Sangiovese will work nicely
¼ c heavy cream
pinch of sugar
8 oz mushroom pieces, wild if available

Directions:

Heat oven to 400 degrees

Put one Tbsp. of the butter in a sauce pan and add shallot, sauté until perfume starts but not browning and then add the fish bones, mushroom and bottle of win-simmer until reduces to 1 cup, about 20 minutes. At his point and depending on the type of win used, taste the sauce to determine if and how much sugar is needed to center the sauce between sweet and acidic-trust your taste buds. Once reduced, pour through strainer to remove solids, return to pan adding ¼ cup of heavy cream, reduce slightly and allow to thicken. Then adjust salt and pepper to taste.

On a clean, cool surface spread out each of the pastry squares, brush generously with the butter and sprinkle surface with thyme leaves. Place seas bass slabs at center of each prepared square of pastry.

Bring all 4 corners of pastry sheet up together, cinching approximately two inches from the top with a piece of kitchen string, tied in a bow. Pinch pastry edges to seal and brush pastry surfaces with egg wash. Place 4 purses on a greased cookie sheet in the pre-heated oven for 20-25 minutes, watch carefully from 15 minutes to ensure oven temperature is accurate and that the

pastry is rising and browning nicely. Steam inside purse will delicately cook the fish while the pastry expands and browns.

While the fish cooks, melt last tablespoon of butter in a skillet and cook garlic until just fragrant-do not brown toss with green beans and set aside and keep warm.

On a clean white plate, spread $\frac{1}{4}$ of the Barolo sauce in the middle of the plate, spreading it evenly with the spoon, top with a pastry purse then spread $\frac{1}{4}$ of the cracked green beans around the base of the purse. Serve immediately.