



Poached Sea Bass

Poaching is a lovely cooking method where foods are gently cooked in liquid—either broth or water—at a very low simmer.

It's a simple, tasty way to prepare fish that allows the natural flavors of the fish to shine through, giving you a great natural pallet that you can dress up in a number of ways. You can use this recipe for any type of thick fish like the Sea Bass, Halibut, Cod, Grouper or even Swordfish. Using the poaching method, you won't end up with a dried out fish. It will be moist and flavorful. This recipe takes less than 30 minutes!

INGREDIENTS

- 4 Tbs. Soy sauce
- 1 lb Sea Bass (or any thick, white fish) fillets; about 1-inch thick
- 1 qt. homemade or low-salt chicken broth
- 1/4 cup honey
- 2 Tbs. tomato paste
- 2-1/2 Tbs. cider vinegar
- 12 quarter-size slices fresh ginger, cut into thin strips
- 1/4 tsp. Tabasco or other hot sauce
- 2 Tbs. sliced scallions (greens included)
- 2 Tbs. chopped fresh cilantro

DIRECTIONS

Drizzle the soy sauce over both sides of the halibut fillets. Cover and refrigerate. In a 12-inch sauté pan, combine the chicken broth, honey, tomato paste, vinegar, ginger, and Tabasco. Bring to a simmer over medium heat and cook gently for 12 minutes, stirring occasionally and skimming foam as necessary. Add the fillets, cover, and poach gently at a bare simmer over medium-low heat until the fillets are slightly firm to the touch and the centers are almost opaque (make a small slit with a knife to check), 6 to 8 minutes; the fish should be slightly undercooked at this point. Turn off the heat and let sit covered for another 2 minutes. Divide the fish and broth evenly among four shallow bowls. Sprinkle generously with the scallions. Makes 4 servings; 285 calories each.