

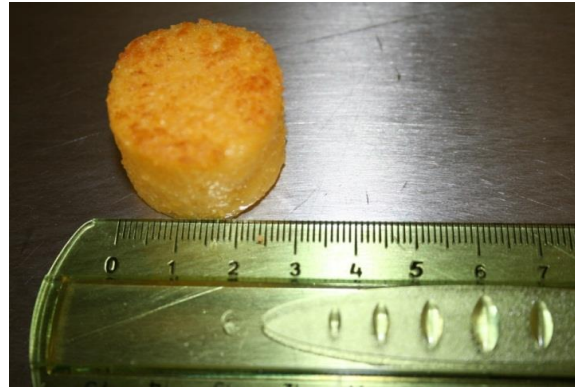
Branzino al Forno con Zucchini

Menu Description: baked striped bass in zucchini crust over tomato-orange melt, toasted polenta

Serving Size: 24

Categories: Sabatini's/ Entrée

Cost Per Serving	
\$	5.68



Action	Date	Initials
Created:	5/21/2014	GP Team
Revised:	6/13/2014	EA
	12/1/2015	EA

Amount	Measure	Ingredient	Preparation Method	Product No.
8	kg	Striped sea bass	Skin-on filets, 2 portions per fish	20-100014957
2	kg	Zucchini	thin-sliced	20-100000851
3	kg	Roma tomatoes	skinned, chopped into cubes	20-100000861
1.5	kg	Oranges	zested and juiced	20-100000778
0.15	kg	Butter	melted	20-100001600
0.005	kg	Basil, fresh	julienned	20-100000876
0.005	kg	Breadcrumbs	from bakery-no cost, seasoned	
1	kg	Polenta, hard	for grilling-see recipe	20-100001032
0.005	kg	Garlic, fresh	chopped	20-100000869
0.05	lt	White wine		20-100001689
1	lt	Fish stock	see recipe	50-100000013
		Salt & pepper to taste		
0.3	lt	Balsamic reduction	see recipe	50-100000123
0.005	kg	Basil leaves, fresh	whole for garnish	20-100000876

Method of Preparation:

- Clean and season fish filet with salt & pepper to taste. Leave skin on.
- Cut the Zucchini in thin slices. In a hot sauté pan heat a little olive oil and add one garlic clove.
- Sauté the zucchini for a few minutes and season with salt & pepper then remove from heat and keep on the side to cool down.
- Place zucchini slices on the fish filets as per picture and refrigerate. Should be done in advance of service.
- In a hot pan heat a little olive oil and add a little chopped garlic and cook until golden brown. Add the orange zest and the chopped skinless tomato cubes.
- Let simmer for few minutes and add the fresh orange juice, fish stock and the basil julienne, simmer for further 5 minutes and season with salt & pepper to taste.
- Place the fish filet on a baking tray with a little olive oil, sprinkle with seasoned breadcrumbs and top with a little melted butter & white wine.
- Then bake in a pre-heated oven at 170F for 6-8 minutes or until it is cooked moist.

To Finish:

- Cut the cooked polenta into small rings as per picture. Mark on hot grill.
- On a hot plate place a large spoon of the tomato orange melt along the centre line of the plate and place the cooked fish filet on top.
- Garnish with warm polenta, drizzle droplets of balsamic reduction on plate as per picture. Add whole basil leaf to finish.