

Culture Kitchen
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Get Your “Man” Dinner
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*This recipe requires cooking the lentils first. Recipe follows after the Chilean Sea Bass Recipe

Chilean Sea Bass with Papaya Beurre Blanc and Earthy Lentils

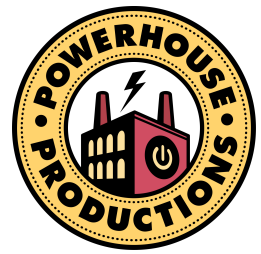
Recipe courtesy of Bren Herrera

Ingredients:

Olive oil
4 pieces of 4-6 oz Chilean sea bass
Himalayan salt
White pepper
Juice from 1 lime
½ ripened papaya, small dice
1 small shallot, finely minced
1 teaspoon white vinegar
½ cup white wine
1 stick cold butter, diced
Cilantro for garnish
Hass avocado for garnish

Method:

1. In a large saute pan over medium high heat add olive oil. Season the bass with salt, pepper, and freshly squeezed lime juice.
2. Place the sea bass into the hot pan and sear on each side until golden in color. You do not want to overcook or undercook the fish so keep an eye on it. Using a fish spatula gently transfer the fish to a plate and make the sauce.
3. Heat a medium saute pan over medium high heat with olive oil. Add in the papaya and shallots. Cook until both the papaya and shallots are soft, just a couple minutes.
4. Turn the heat up to medium high heat. Whisk in the vinegar and white wine, and bring to a boil for about 4 minutes.



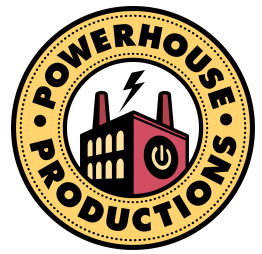
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5. Add in the butter and whisk until it creates a homogenous emulsified sauce.
6. Sprinkle with a little bit of salt and remove from the heat.
7. Spoon lentils onto a serving plate, place a piece of fish on top and gently pour beurre blanc over top. Garnish with fresh cilantro and fresh chunks of papaya. Repeat for every serving.



Earthy Lentils

Recipe courtesy of Bren Herrera

Ingredients:

1 cup dried lentils
1 bay leaf
Olive oil
1 large head of garlic, rough chopped
1 teaspoon whole cumin seeds, freshly ground
1 teaspoon coriander powder
1 teaspoon turmeric powder
½ teaspoon cumin powder
Kosher salt
Black pepper

Method:

1. Season the lentils with salt and bay leaf. Bring the lentils to a boil and par cook until al dente.
2. Heat a small skillet over medium high heat with olive oil. Add in the garlic and saute until golden.
3. Add the cumin seeds into the hot oil and toast for a couple minutes. Watch so they don't burn.
4. To the garlic and cumin seed mixture stir in the coriander, turmeric, and cumin powders until well blended. Transfer the spice mixture to the pot of lentils, stir, and adjust for salt and pepper. Cover and cook for 20 minutes or until the lentils are tender.