

The Most Delicious Recipe Winners

Iron Chef Competition & Beach Party

Theme: Suzuki (Striped Bass)

Sponsored by Kent SeaTech & the Nizet Lab

Sunday May 4th, 2003

"Surfside", Scripps Institute of Oceanography





Bass Etouffée

as prepared by Jacinda Matherne and John Buchanan

INGREDIENTS:

- 1 cup butter, divided
- 1/2 cup flour
- 2 large onions, finely diced
- 3 finely diced bell pepper
- 1 cup finely diced celery (4 stalks)
- 1/2 cup chopped green onions bottoms
- 2 tablespoons paprika
- 2 teaspoon cayenne pepper
- 2 teaspoon black pepper
- 3/4 teaspoon (or 1 clove) garlic
- 1 cup chicken bouillon
- 3 cups water
- 1 lb hybrid striped bass filet - cubed
- 1 lb crawfish tails (can substitute another 1 lb of bass 1 lb of shrimp)
- 1/2 cup chopped green onion tops
- 2 tablespoons chopped fresh basil and 1 bunch of parsley
- 1 small tomato
- 1 bay leaf

DIRECTIONS:

Make a roux by combining 1/2 cup butter and 1/2 cup flour in an iron skillet or small saucepan and stirring continuously while cooking for 3 minutes over medium-high heat; keep warm. In a 4-quart saucepan, add 1/2 cup butter, onion, bell pepper, celery, tomato, bay leaf, basil and green onion bottoms; cook over medium heat while stirring for 8 minutes. Add paprika, pepper, garlic, and chicken bouillon. Cook 2 more minutes while stirring. Add water, and bring to a boil for 5 minutes. Add reserved roux, stirring well with wire whip. Reduce heat to medium, and boil for 3 minutes. Add fish, crawfish, onion tops, and parsley. Simmer for 10 minutes. Season to taste with cayenne or Tabasco. Turn heat to low until ready to serve. Serve topped with chopped green onion.

SECOND PLACE WINNER:

Bass in Paradise (Baked Striped Bass in Sweet Sauce with Garlic Fried Rice)
as prepared by Joe Sanding and Kathleen

INGREDIENTS:

2 bass fillets
1 cup water
1/2 cup soy sauce
2 tbsp sesame oil
1 cup brown sugar
crushed fresh garlic
sliced ginger strips
green onion leaves
sesame seeds
salt and pepper

SWEET SAUCE PREPARATION:

Mix all liquid ingredients with crushed garlic, green onion leaves and ginger slices. (you can add more brown sugar until desired sweetness is achieved)

FISH PREPARATION:

Rinse fillets with cold water. Sprinkle both sides with salt and pepper and place in non-stick baking pan.

BAKING THE FISH:

Preheat oven at 375 for 15 minutes [if you don't have an oven you can always borrow John's gas grill :) (thanks again john)]. Add sauce to fish in baking pan. Sprinkle top with sesame seeds and bake for 35-40 minutes

WHILE FISH IS BAKING YOU CAN PREPARE THE GARLIC FRIED RICE :)

2 cups of steamed white rice
crushed garlic
salt
olive oil

FRYING THE RICE:

Sauté crushed garlic in pan with olive oil until golden brown. Add steamed rice and mix together while frying. Salt to taste. That's it.

SERVE FISH WITH RICE. (and an ice-cold beer)

YOU CAN TOP THE RICE WITH THE SAUCE FROM THE BAKING PAN TOO.

YUMMY. GARNISH DISH WITH GREEN ONION LEAVES.

ENJOY!

THIRD PLACE WINNER:

Steamed Ginger-Marinated Striped Bass

as prepared by Kim Nguyen and Sam Courtland

2 - 2.5 lbs stripe bass fillets (fillets cut in half length with skin on)
8 oz of grated ginger
4 tbsp soy sauce
1 large lemon
4 oz lemon zest
1 medium orange
4 oz orange zest
green onion
cilantro
1/4 tsp salt
black or white sesame seed
sesame oil

1. For marinade, in large bowl combine soy sauce, grated ginger, lemon juice, orange juice, lemon zest, orange zest and salt.
2. Marinate fish in refrigerator for 1-1.5 h.
3. In steam basket, place marinated fillets with skin down on a layer of green onion and cilantro. Steam fillets for about 10 min or until fillets are flaky.
4. Drizzle hot sesame oil on top and garnish with black or white sesame seeds.

Serve fillets in steam basket.

Side Dish 1: Soy-Lime Scallops with Leeks

1/4 cup soy sauce
1/4 cup rice vinegar
1 pound fresh or frozen sea scallops
1 small leek or 4 baby leeks
8 medium green or red scallions or green onions
1 medium lime, halved
Black sesame seeds (optional)
1/4 cup butter, melted*

1. For marinade, in a small bowl combine soy sauce and rice vinegar; set aside.
2. Thaw scallops, if frozen. Rinse scallops, pat dry with paper towels. Trim root end and green tops of leek. Rinse leek thoroughly to remove any grit. Cut the one small leek lengthwise into quarters; insert a wooden pick crosswise through each leek quarter to hold layers together when grilling. Or, trim the baby leeks.
3. Place leeks, scallops, and scallions in a plastic bag set in a shallow bowl. Add marinade. Seal bag; turn to coat scallops and vegetables. Marinate in refrigerator for

30 minutes.

4. Remove scallops, leeks, and scallions from bag. Discard marinade. For a charcoal grill, place leeks, scallops, scallions, and lime halves (cut side down) on the rack of an uncovered grill directly over medium coals. Grill for 8 to 10 minutes or until scallops are opaque, turning scallops and vegetables occasionally. Remove any scallions from grill rack before they overbrown. (For a gas grill, preheat grill. Reduce heat to medium. Place leeks, scallions, and scallops on grill rack over heat. Grill as above.)

5. To serve, transfer leeks and scallions to serving plates. Top with scallops. Using grilling tongs, remove limes from grill and squeeze over scallops. Sprinkle with black sesame seeds, if desired. Serve with melted butter. Makes 4 servings.

*Note: If desired, melt butter in heat resistant bowl or ramekin on grill alongside scallops and leeks.

Side Dish 2: Jasmine Rice with Green Onions, Peas, and Lemon

Adding lemon peel shortly before the rice has finished cooking gives it a bright flavor.

1 3/4 cups water

1 1/4 cups jasmine rice, rinsed well, drained, or long-grain white rice

1/2 teaspoon salt

1/2 cup shelled fresh or frozen peas

2 tablespoons extra-virgin olive oil

6 green onions, thinly sliced

2 tablespoons fresh lemon juice

2 tablespoons chopped fresh parsley

1 tablespoon grated lemon peel

Combine 1 3/4 cups water, rice, and salt in large saucepan. Bring to boil over high heat. Reduce heat to low; cover and cook until rice is tender, about 15 minutes. Remove from heat. Let stand covered 15 minutes. Fluff with fork. Cool.

Cook peas in medium saucepan of boiling salted water 1 minute. Drain. Rinse under cold water. Drain.

Heat oil in large nonstick skillet over medium-high heat. Add all but 2 tablespoons green onions; sauté 30 seconds. Add rice and sauté until heated through, stirring to break pieces, about 4 minutes. Add peas, lemon juice, parsley, and lemon peel. Sauté 2 minutes to blend flavors. Transfer to serving bowl. Sprinkle with remaining green onions.

Vegetarian Fish with Grilled Zucchini in Sea Vegetable Vinaigrette
as prepared by Heather Maisey

VEGETARIAN FISH:

Ingredients:

2 pieces of bean curd or baked tofu (better if already teriyaki or thai flavored)
3 oz of golden mushrooms
3 oz of water chestnuts
1 sheet of purple seaweed (or any sheet of seaweed usually used for making sushi)
1 sheet of bean curd skin (or gyoza/dumpling wraps)
1 tablespoon flour
1 tablespoon water
1 tablespoon cornstarch
1/4 teaspoon salt
1/4 teaspoon pepper
1 egg substitute

Directions:

Mix flour and water into a smooth batter. Mince bean curd pockets and water chestnuts. Wash the golden mushrooms, trim off the ends and mince. Mix the minced ingredients with cornstarch, salt, pepper, and egg substitute until well blended. This is the filling.

Cut the seaweed sheets into 4 squares. Place a piece of skin or wrap on top of a seaweed square. Then place a spoonful of the filling on top. Roll up and seal tightly with batter.

Steam 10 minutes over high heat.

GRILLED ZUCCHINI:

slice zucchini as thinly as possible
marinate in salad dressing for 1+ hours
(some kind of fancy vinaigrette is best- I used Sea Vegetable Vinaigrette)
grill on a sheet of pierced tin foil or steam for 10 min.

Kerala Style Fish Grill

as prepared by Nissi and Ajit Varki

Ingredients:

2 8-oz fresh hybrid striped bass fillets
Salt
red chilli pepper powder
turmeric
vinegar

Directions:

Mix equal volumes of each to make a paste with vinegar. Add more vinegar as needed. Cover fish filets and allow to marinade for 2 hours or overnight in the fridge. Heat about 8 tablespoons oil in a flat pan, put in the marinated fish with marinade, cover and allow to cook for 20 minutes or till done.

Serve with rice and green string beans. Enjoy.

Super Fruity Spicy Fishy Salsa

as prepared by Sandy Myskowski and Jess Walsh

Ingredients:

4 tomatoes chopped
2 oranges peeled and chopped
2 grapefruits peeled and chopped
1 red onion peeled and chopped
2 jalapeno peppers diced
2 tbsp lime juice
1/4 cup grapefruit juice
1/4 cup sugar
1 tbsp fresh mint
salt and black pepper

Directions:

Combine all ingredients in a bowl and add salt and black pepper to taste.

The Experimental Bass with Miso Soup
as prepared by George Liu

THE EXPERIMENTAL BASS

Prechop green onions, garlic, ginger, green chilis, and cilantro
Marinate bass in wine and dash of salt
Heat pan with oil
Add garlic and ginger
Add fish and cook on mid-heat til slightly brown
Peel skin
Add water and couple of tablespoons of soy sauce to cover base of pan
Add green chilis
Let simmer til sauce starts to boil
Add shrimps and cook just long enough for the shrimps to change color
Add a teaspoon of vinegar, dash of sugar
Turn to low heat
Add green onions and cilantro and continue to cook for a minute or two
on low heat

MISO SOUP

Boil water
Add miso adjusted to individual's taste
Pre-soak takame seaweed for 5 min, and add to soup
Add pieces of bass, clams
Add Japanese mushrooms (?name) and cut silken tofu pieces
Add 1-2 teaspoon of sesame oil
Bring to boil on mid-heat
Serve with finely chopped green onions

Coconut Lime Bass Kabobs

as prepared by Laura Kwinn

Serves 4

INGREDIENTS:

8 oz. bass fish, cut into 1 inch chunks
8 oz. plantain bananas, peeled and cut into 1 inch chunks
1 onion, coarsely chopped
cup sunflower oil
1 cup lime juice
1 cup thick coconut milk
1 cup soy sauce

METHOD:

Combine onion, oil, lime juice, coconut milk and soy sauce. Add bass and plantain pieces. Coat thoroughly. Cover and chill for 5 hours. Preheat grill to hot. Using metal skewers, pierce centers of each piece until full. Balance skewers on a grill pan and cook for 5 minutes each side, or until juices run clean.

Museum of Bass Art

as prepared by Art Jeng

1. Sea Bass: gut, scale, cut diagonal strips across both sides.
2. Dice green onions, garlic (3-4 cloves), ginger, chili peppers (3-4)
3. Marinate bass over soy sauce and add above ingredients over fish.
4. Steam for 15 minutes and flip over for another 15 minutes.

Serve and enjoy

Striped Bass with Honeyed Apples over Garlic Mashed Potatoes
as prepared by Christine and Victor Nizet

INGREDIENTS

2 large California-farmed striped bass fillets
4 apples - peeled, cored and cut into thin wedges
1/2 cup margarine, divided
1/4 cup honey
1/4 cup all-purpose flour
1/4 teaspoon salt
1/4 teaspoon ground black pepper
2 cups dried bread crumbs
1 egg, beaten

DIRECTIONS

(1) Melt 1/4 cup of the margarine in a large skillet over medium-high heat. Fry the apples in margarine until tender. Stir in honey, reduce heat, and keep warm.
(2) In a shallow bowl, mix together flour, salt, and pepper. Place bread crumbs in another shallow bowl, and egg in a third bowl.
(3) Melt the remaining 1/4 cup margarine in a large skillet over medium heat. Dredge the fish in the seasoned flour, dip in egg, then coat with bread crumbs. Place the coated fillets in the hot skillet, and cook for about 3 to 4 minutes per side. The fillets should be nicely browned, and they should flake easily with a fork. Place fish on bed of garlic mashed potatoes (below), and spoon the apples with honey over the top of each fillet.

GARLIC MASHED POTATOES

4 medium/large russet potatoes
1 tablespoon butter
1 tablespoon minced fresh garlic (3-4 cloves)
3/4 cup water
1/2 cup fat free half-and-half
3/4 teaspoon salt
1/8 teaspoon black pepper

1. Preheat oven to 400 degrees.
2. Bake the potatoes by first rubbing them lightly with oil and then baking them in the preheated oven for 1 hour until they are tender. Cool.
3. Mash potatoes and remove about half of the skin. You want to leave the rest in.
4. Melt the butter in a large saucepan over medium heat, then add garlic and saute for 5 minutes.
5. Add the remaining ingredients to the pan and cook for 5-10 minutes while stirring often until garlic mashed potatoes are very hot.

Striped Bass in Yogurt Sauce

as prepared by Vivikenanda Datta

INGREDIENTS:

Striped Bass preferably whole: 2lbs(cleaned and scales removed)

Brown onions: 1lb

Ginger: 2 inches

Coriander powder: 2 tbs

Cumin powder: 1 tbs

Turmeric powder: 1 tsp

Cinnamon powder: 1 tsp

Cinnamon stick: 2-3 inches

Red chili powder: to taste

Salt: to taste

Sour cream: 1 cup

Vegetable oil: 4 tbs

Water: 2 cups

DIRECTIONS:

Pat the fish with salt and 1/2 teaspoon of turmeric powder and leave it at room temperature for atleast 20mins for the salt to seep into the fish. Fry the fish lightly in 2tbs of oil, 2-4 mins each side. Put aside the fish to drain the excess oil. Be careful not to break the fish. Remove the skin of the fish with a small teaspoon.

Blend onions and ginger together in a blender or a food processor. Heat rest of the oil in a saucepan, and add the onion and ginger puree to the heated oil. Brown the onion mixture till you see the oil separating from the mixture. Reduce heat and add coriander and cumin and rest of the turmeric powder and mix them well in the onion mixture. Cook the mixture for 5-6 mins. in medium heat till you can smell the coriander. Add 2 cups of water salt and chili powder at this stage and bring it to boil.□

Beat sour cream till it becomes a thick runny consistency, add a little water if necessary. Warm up the sour cream blend in a microwave and add it to the saucepan along with the cinnamon powder. Reduce heat to the low before adding the sour cream. Simmer the sauce for 30 min or till it reduces to about 1/2 the original volume.□ Stir it occasionally to avoid sticking to the bottom of the pan.

Add fish and the cinnamon stick and simmer it for another 20 to 30 mins until the fish is done. Occasionally stir the mixture carefully not to break the fish.□

The dish is ready to be served hot over basmati rice.□

Jalapeno Mango Bass Grill

as prepared by Eileen and Mark Westerman

Take a large whole bass and remove guts and gill but leave head and all fins. Remove scales and wash body cavity thoroughly. Using a filet knife, make 3-4 cuts diagonally laterally in both directions making an X pattern on the each side of fish. Rub extra virgin olive oil into body cavity and into cuts of sides of fish. Chop garlic coarsely and imbed into flesh of fish on both sides. Cut 2-3 jalapenos in long thin strips and fill the cuts on each side of fish with strips of jalapeno. Season fish in body cavity and on sides with Tony Cachere Cujun seasoning and squeeze the juice from 1/2 lime onto each side of fish.

Have a good, hot bed of coals ready and place fish directly on grill. Cook until flesh is white throughout but DO NOT OVERCOOK. Leaving some uncooked or undercooked meat is preferable to overcooking. Cooking time should be 7-10 minutes on each side and will vary with temperature of fire and size of fish.

While the fish is cooking, slice generous portions of mango, lime, and oranges and clean and prepare 1 pound of asparagus. Roll asparagus in aluminum foil and add a couple of large pads of butter and squeeze in the juice of 1/2 lemon. Season with favorite spice and place on side of grill with fish.

When the fish is cooked, place on large platter and surround with mangos and fruit. Outline fish with perfectly cooked asparagus and serve.