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HEALTHY RECIPE

Coriander Dusted Chilean Sea Bass with Maine Lobster and Mango Gastrique, Coriander Emulsion



Ingredients

4 to 5 ounces Chilean sea bass	2 ounces soft butter
8 ounces spiny lobster meat, roasted, shelled, diced	1 ounce toasted and ground coriander seeds, white peppercorn, mustard seed, fennel seed. Equal parts each.
4 ounces olive oil	2 ounces grape seed oil
6 cloves of garlic, shaved	3 sweet potatoes, peeled and cubed
2 small jalapeños, diced	2 cups of herb salad, seasoned with olive oil, salt and pepper. Mixture of micro herbs.
2 shallots, shaved	4 ounces cream
2 mangos, ripened and diced in 1/2-inch cubes	1 cinnamon stick, toasted and ground
4 lime, juiced and reserved	Salt and pepper to taste
1 bunch of cilantro, chopped	
3 ounces light brown sugar	
2 roasted piquillo chiles, julienne	

Method: Chilean Sea bass

Season sea bass with sea salt and toasted coriander dust. Add grape seed oil to medium hot pan and sauté fish on both sides, add shaved shallots and dollop of butter and place in a 350 degree oven for 4 minutes.

Method: Sweet Potato Puree

Simmer peeled potatoes in salted water, when tender place through ricer and whip in soft butter and cream. Season with cinnamon, salt and pepper. Place in piping bag and reserve for plating.

Method: Maine Lobster and Mango Gastrique

In medium high heat sauté pan, add olive oil, shallots, garlic and jalapeños. Add roasted piquillo chiles and deglaze with lime juice. Whisk in light brown sugar until syrup consistency. Right before plating add lobster, mango, cilantro and butter until emulsified.

Method: Coriander Emulsion

Blanch and shock cilantro, drain well and blend with toasted coriander seeds and olive oil. Season with salt and pepper and strain through cheese cloth. Reserve in squeeze bottle for plating.

Plating

Place 2 ounces of sweet potato puree in center of vessel and spoon lobster-mango gastrique ground around sweet potatoes. Place seared sea bass in center. Garnish with sweet potato chips, herb salad, cilantro plush and coriander oil.

Yield 4 Servings

Recipe provided by Executive Chef Ted Peters of Azura restaurant at One Ocean Resort Hotel & Spa