



Italian Inspired Whole Fried Sea Bass

by Simeon Watson

1 Whole Fresh Sea Bass head removed, gutted, scaled and fins trimmed

Chili Rub

2 Red Chili Peppers stemmed and seeded

1 Large Green Chili Pepper stemmed and seeded

6 Cloves Garlic, peeled

1 oz. piece of Fresh Ginger, peeled

1 Tbs, Toasted Sesame Oil

*pinch of Sea Salt & Fresh Ground Black Pepper***Prep**

- Combine all in a food processor and pulse till finely chopped. Set aside
- Prepare the Sea Bass by making 5 to 6 deep slices along each side of the fish
- Season with salt and pepper including the body cavity
- Using your hands, gently rub the chili garlic and ginger mixture into the slices on each side of the fish and the inside body cavity, making sure the entire fish is coated
- Put on a plate and cover. Let stand in the fridge 1 hour

Cooking

Additional Ingredients:

1 qt. Peanut Oil, 1/2 cup Corn Starch

- In a large wok, heat 1 quart peanut oil to 325°
- Remove fish from fridge and dust with corn starch, covering the whole fish.
- Slowly lower the fish into the hot oil, cook for 5 minutes, basting the top side with hot oil.
- Carefully turn fish over, and cook 5 more minutes, basting the top side with hot oil.
- Remove and drain well.

Sauce

Additional Ingredients:

1 Tbs. Toasted Sesame Oil

1 Tbs. Fish Sauce

1/4 Cup Light Reduced Salt Soy Sauce

1 Tbs. Rice Wine Vinegar

2 Tbs. Chopped Fresh Ginger

1/2 Cup Prepared Oyster Sauce 3 Cloves Sliced Garlic

1 Pinch of Sugar

1/4 Cup Sliced Green Onions

Lime Wedges and Cilantro for Garnish

- Preheat a small sauce pan to medium high
- Add 1 tbs, toasted sesame oil and heat 30 seconds
- Add 3 cloves sliced garlic, 2 tbs. chopped fresh ginger
- Cook quickly, stirring all the time
- Add 1/2 cup prepared oyster sauce, 1 tbs. fish sauce, 1/4 cup light, reduced salt soy sauce
- 1 Tbs. rice wine vinegar and a pinch of sugar
- Cook 1 min stirring constantly
- Finish with a 1/4 cup cut green onions
- Pour over plated fish
- Garnish with fresh lime wedges and cilantro leaves.
- Serve with your favorite rice and stir fried veggies.