



## Chocolate Sea Bass

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 5 people

Ready in: 1 hour

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## Fresh Seafood



5 6-oz Chilean sea bass fillets

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## Ingredients

4 oz butter  
2 oz olive oil  
1 clove garlic  
2 oz chopped onions  
3 oz chopped carrots  
3 oz chopped celery  
1 tbsp tomato paste  
3 cinnamon sticks  
1 Tahitian vanilla bean  
1 bay leaf  
½ cup white wine  
3 cups veal glace or demi-glace  
6 oz semi-sweet chocolate  
½ lb black trumpets  
Salt and pepper to taste

# Instructions

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1. In a preheated sauce pan, place 2 ounces butter, along with the onions, garlic, carrots, celery and cinnamon. Saute until transparent. Add tomato paste, vanilla bean, bay leaf and wine. Simmer for 5 minutes. Add veal glace or demiglace. Simmer for 10 minutes.
2. In a water bath, melt chocolate and add to the original sauce pan. Simmer together for 10 minutes. Pass the sauce through a fine chinois (a type of sieve).
3. Preheat oven to 350 degrees F. In a preheated sauce pan, heat olive oil. Carefully place fish fillets in saucepan. Saute on all sides until golden brown. Place fish on a broiling pan in preheated oven. Bake for 6-8 minutes.
4. In a preheated saucepan, place 2 ounces butter and the black trumpets. Add salt and pepper to taste. Saute until tender.