



Pan Fried Black Sea Bass



What inspired Audley to create this dish? It's a local fish from the Atlantic ocean where residential and commercial fishermen know the importance of black sea bass species.



 @Ras Skillz

 @Chef_Mills

chef

ingredients

how-to



Born in Montego Bay, Jamaica, Chef Mills was raised with an appreciation for fresh produce, herbs and spices, farm raised meats, and wild caught fish and seafood. Chef Mills incorporates these culinary values, traditional Jamaican recipes, and a new school flare, to produce award winning dishes that have been the subject of newspaper articles and word of mouth praise. A vegetarian background has led Chef Mills on a journey to elevate the view of the vegetable as more than just a side dish.

Pan Fried Black Sea Bass

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| 2 lb. of black sea bass, filleted | toes, about 3 lbs. | der |
| 2 - med.-sized white onions, diced | 1/2 bunch of fresh cilantro, chopped | 2- Tbsps garlic powder |
| 3 - med.-sized tomatoes, diced | 1-cup milk | 2- Tbsps- chili Powder |
| 1 - med.-sized carrot, shredded | 1- cup of flour | 2- Tbsps of Fish Seasoning |
| 12- med.-sized potatoes, | 1/2 lb. butter | 1- tsp salt |
| | 1/2 cup of cooking oil | 1- tsp black pepper |
| | 1- lemon, sliced | |
| | 2- Tbsps onion powder | |

Preparing the Sauce for the Fish: Combine onions, tomatoes, 1-Tablespoon fish seasoning in a medium saucepan. Add salt and pepper to taste. Cook over medium heat for 15-20 minutes.

Preparing the Fish: Mix flour, salt, black pepper, and 1-Tablespoon fish seasoning in a bowl. Lightly coat fish in the flour mix. Preheat cooking oil in a medium fry pan. Fry fish until it's golden brown, approximately 3-4 minutes per side.

Preparing the Herb Mashed Potato: Peel and cook potatoes until tender. In a bowl add potato, butter, milk, cilantro, salt and pepper to taste and mashed together.

How to serve: To serve this dish, place mashed potatoes on the plate, topped with fish, then sauce. Garnish with lemon slices and shredded carrots.