

recipe



"This dish was inspired by my love of fish cooked in the simplest form with a tasty and filling side dish."

- Chef Grimsley



ingredients

instructions

Pan Seared Black Sea Bass with Cilantro Lime Rice

by Chef Samantha Grimsley of Sam & Annie's

Rice

- 2 cups of white rice (medium grain)
- 1 can black beans or small red kidney beans rinsed and drained
- 2 Roma tomatoes
- 1/2 Jalapeño seeded
- 1/4 cup cilantro
- 2 ears of corn, corn removed from cob
- 1 bunch scallions, both white and green parts
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp chilli powder
- 1 lime



Fish

- 2-4 Black Sea Bass filets
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp butter
- 2 tbsp olive oil



1. Prepare your rice: heat a heavy bottom pot with 2 tbsp of oil (canola or vegetable) once oil is hot add rice and stir making sure all the grains are covered with oil. Once the rice is covered add salt to taste and stir, then add 3 cups of water to a boil cover and let cook for 15-20 minutes.
2. Heat beans in 1 cup of water for 3-5 minutes, remove from heat, once the rice is done let it sit 2-3 minutes. Do not remove top.
3. Add all ingredients to rice, cilantro, fresh corn, Jalapeños, tomatoes, chili powder, beans, salt and pepper squeeze the lime juice over rice and stir.
4. Prepare the pan for the fish: heat nonstick skillet add 2 table-spoons olive oil and 2 tablespoons of butter to smoking sprinkle fillets with salt and pepper add to pan skin side down cook for 5 min, flip and cook another 2 minutes and remove from heat.