

# Simple Sea Bass Sauce Vierge

This simple and delicious way of cooking Sea Bass comes from Pierre Wynants the former chef of Comme Chez Soi restaurant in Brussels. Pierre's food was never fussy, always full of flavor and elegantly simple. Poaching the fillets in a bit of white wine and fish stock all but eliminates the fishy cooking smell and takes the guesswork out of the cooking time.

Sauce Vierge is a Provençal-style sauce which is rather like salsa without the chilli. Adrienne added minced lemon rinds to her version. I have a habit of saving lemon rinds after squeezing the juice out and putting them on the grill. The smoky, slightly caramelized, taste from the grill works beautifully in this sauce. Feel free to include your own additions, capers or chopped black olives would work with the Provençal theme.

Serves 4

Prep/Cook time 30 minutes

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## **Sauce Vierge:**

2 cups peeled, chopped tomatoes, fresh or Italian tinned tomatoes

1 shallot, minced

1 garlic clove, minced

Juice from ½ lemon

½ fresh or grilled lemon rind minced very fine, Optional

¼ cup extra virgin olive oil

½ tsp. ground coriander

3 tbsp. chopped fresh basil

1 tsp. chopped fresh parsley

1 ½ tbsp. chopped fresh tarragon

Salt and Pepper

Combine the tomatoes, shallots, garlic, lemon juice and rind, olive oil and coriander in a saucepan. Bring to a simmer and turn off heat.

Just before serving add the fresh herbs and salt & pepper to taste.

Yield: 1 ¼ cups

### **Sea Bass:**

4 Sea Bass Fillets

3 tbsp. fish stock

3 tbsp. dry white wine

Salt and pepper

Sprinkle the fish with salt and pepper. Place the fillets in a sauté pan that will hold them in one layer. Add the stock and wine and bring to a simmer over medium heat. Cover the pan with a piece of buttered aluminium foil and cook for 10 minutes on medium low heat. Remove from pan, place on paper towel skin side up. With a butter knife remove the skin and place on warmed plates.

Dress each fillet with the Sauce Vierge. Serve with steamed potatoes and lightly blanched snow peas.