



Savvy Recipe of the Week

One night last week Dale and I needed a meal that was healthy and fairly quick to put together.

Grilled Sea Bass with Pipérade (a mixture of peppers, onions tomatoes and seasonings) **and a Caesar Salad** was our go-to meal. Here's how you make the Sea Bass.

Grilled Sea Bass with Pipérade

Pipérade

- 2 very large sweet yellow onions
- ¼ cup of extra virgin olive oil
- 1 each red, yellow and orange bell peppers, thinly sliced
- 5 cloves of garlic, crushed
- 2 plum tomatoes, coarsely chopped
- 1 teaspoon Kosher salt
- ½ teaspoon white pepper
- ½ teaspoon cayenne pepper (more if you like your food really hot)
- Dash of sugar

Sea Bass

- 4-five to six-ounce Sea Bass fillets (or 1 large fillet about 1 – ½ pounds)
- 1 tablespoon olive oil
- Salt and pepper

How To

Prepare the Pipérade:

1. Thinly slice the onions into rings and the peppers into very thin strips; crush the garlic.
2. Using a large sauté pan set over high heat, heat ¼ cup of the olive oil. Add the onions, peppers and garlic and sauté until the peppers are soft and golden brown—about five minutes.
3. Add the chopped tomatoes, salt and white pepper and stir. Add the cayenne pepper and sugar and stir to blend it all together. Cover the pan and reduce the heat to medium. Continue to cook, stirring occasionally for about 15 minutes until the vegetables are tender. Cover and reduce the heat to very low to keep warm while fish is cooking.

Prepare the Sea Bass

1. Brush both sides of fish with olive oil and season with salt and pepper
2. Heat a gas grill to high heat
3. Place the fish, skin side down on grill and cook until the skins are crisp and golden brown, about 4 minutes. Turn the fish over and cook other side and continue to cook until it is opaque when you prick it with a thin blade of a knife.

Assemble:

1. Spoon some of the Pipérade onto the center of a large plate.

2. Center the cooked fish fillet on the center of the Pipérade.

We enjoyed a bottle of **Caves De L'Angevine Rosé D'Anjou, 2009, France**, with it and it was spectacular! You can try it for yourself this week at The Tasting Bar. **Sale Price through June 9 is: \$10.49/bottle**

Here are two more to pair with your Grilled Sea Bass:

Botromagno Gravina Bianco DOC 2008, Italy \$9.99/bottle

Grateful Red Pinot Noir \$15.99/bottle