



## Recipe:

# *Seared Chilean sea bass with celery root puree and golden mushrooms*



### Ingredients:

3oz sea bass  
2 sprig thyme  
1 sprig rosemary  
Garlic  
1 lemon  
1 bunch lemongrass  
1 bunch beech mushrooms  
1 celery root  
1 white onion  
1 yukon potatoes  
1 horseradish  
1 quart heavy cream  
1-½ stick of butter  
Salt  
Chives  
Parsley  
Canola oil  
Grapeseed oil  
1 bayleaf

### How to prepare the puree:

- Trim and clean celery root then cut into ½ inch slices
- Peel and julienne onions
- Peel potatoes and cut them into 1 inch slices
- To start, turn your heat on low to medium heat. Add a tablespoon of butter. Once melted, add the julienned onions
- Let the onions sweat for 5 mins
- Proceed by adding the potatoes and celery root in the pot along with your cream
- Season with salt, add Lemongrass, bayleaf & sprig of thyme
- Let this cook on low to medium heat for 25-30 minutes until your ingredients are tender and translucent
- Once done, spoon out the onion, celery root & potatoes then add to a blender

- Pour about ¼ of a cup of the reserved liquid into the blender and turn it on high (avoid lemongrass and thyme)
- While the blender is on, drizzle 1 tbsp of grapeseed oil along with 1 tsp butter and blend until all your ingredients are incorporated and smooth. Season to taste
- Place it on the side and keep it warm

### How to prepare the mushrooms:

- Spilt your mushrooms into individual pieces
- Chiffonade parsley and chives
- Preheat your pan at a medium heat
- Drizzle enough canola oil to coat the bottom of the pan then add your mushrooms and season with salt and cracked pepper
- Cook for about 5 minutes or until golden brown
- Turn your heat off and squeeze a wedge of lemon followed by chives and parsley
- Place to the side and keep warm

### How to prepare the fish:

- Season fish with salt on both sides
- Preheat your pan on low-medium heat for 1 minute
- Drizzle enough canola oil to coat the bottom of the pan
- Place fish in the pan skin side down
- Let it cook for about 4 minutes or until the skin is nice and gold
- Once crispy, turn the fish flesh side down and add 1 tbsp of butter, thyme, rosemary and smashed garlic
- As your butter is melting, Turn heat down to low, baste it on top of the fish for 2 minutes
- Remove from pan and begin with plating



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and golden mushrooms*



## Notes: