

# Crisp Skinned Black Bass

Yield: 4 servings

4 ea                Black Bass, 6 oz. Cross cut skin side  
t.t.                Salt and White pepper

Method:

Pan sear skin side. And finish in oven

Pernod Broth:

1 qt.                Fish Fumet  
2 ea                Shallot, peppercorn, bay leaf, tarragon  
1 cup                Pernod  
½ cup                Heavy Cream  
t.t.                Salt and White Pepper

Method:

Sauté shallots, peppercorn, bay leaf, and tarragon. Flambé with Pernod then add fumet and reduce by half. Add heavy cream. Reduce to nappe. Strain through chinois.

Fricassee of Vegetables

2 bu                Spring garlic, split in half 1 ½ inch long  
2 ea                Red Peppers, diamond cut  
2 ea                Zucchini, diamond cut  
2 ea                Summer squash, diamond cut  
1 ea                Eggplant, diamond cut  
1 #                Fava bean, cleaned and skinned  
t.t.                salt and pepper

Method:

Sauté all ingredients until cooked al dente. Season.