

Striped Bass with Heirloom Tomato Scampi

BY SAM TALBOT NOVEMBER 2011 THE SWEET LIFE: DIABETES WITHOUT BOUNDRIES

YieldServes 4

Ingredients

Bass

2 tablespoons olive oil
4 striped bass fillets (6 ounces each)
Salt and freshly ground black pepper
Grated zest and juice of 1 lemon
1/2 bunch thyme sprigs

Tomato scampi

3 tablespoons Roasted Garlic Oil (page 93)
6 garlic cloves, finely chopped
2 shallots, finely diced
1 tablespoon fennel seeds, toasted in a dry skillet
4 celery ribs, sliced 1/4 inch thick
1 tablespoon drained, chopped capers
1/4 cup dry white wine
1 tablespoon red wine vinegar
Grated zest and juice of 1 lemon
3 pounds mixed heirloom tomatoes, cut in wedges
1 cup tightly packed hand-torn fresh basil leaves

Preparation

To cook the bass:

Preheat the oven to 350°F.

In a large ovenproof nonstick skillet, heat the olive oil over medium-high heat. Season the fish liberally with salt and pepper and sprinkle with the lemon zest and juice. Once the oil begins to shimmer, place the fillets skin-side-down in the pan and let them cook, without moving them, until the skin is crisp and golden brown, 45 seconds to 1 minute. Give a light push to loosen the skin from the pan. Add the thyme sprigs to the pan. Transfer the pan to the oven and bake until the fish flakes easily with a fork, 6 to 8 minutes.

Remove fish from the oven and transfer to paper towels.

To make the scampi:

In a large skillet, heat the garlic oil over medium-high heat. Add the garlic, shallots, and fennel seeds and cook, stirring frequently, until the shallots are translucent, about 2 minutes. Add the celery and capers and cook until the celery has softened, about 2 minutes. Add the wine to the pan and cook until it is reduced by half, about 1 minute. Add the vinegar, lemon zest and juice, tomatoes, and basil and cook for 1 to 2 minutes to incorporate the flavors and heat the tomatoes through.

Serve the bass fillets topped with the tomato scampi.