



## Poached Sea Bass with Basil Broth

### Ingredients

3 oz. Low Sodium Vegetable Base  
12 oz. Water  
9 oz. Basil Leaves – Fresh, Chopped  
1 lb. 8 oz. Shallots – Fresh, Sliced Thin  
¼ Cup Garlic – Fresh, Chopped  
1 lb. 13 oz. Carrots – Fresh, Sliced Thin  
6 lb. Sea Bass Fillets – Raw, 4 oz. Pieces  
4 lb. 8 oz. Red Swiss Chard – Fresh  
1 lb. 8 oz. Belgian Endive  
1 ½ Tsp Salt  
1 ½ Tsp Ground Black Pepper  
¼ Cup Pasteurized Fresh Lemon Juice

### Nutrition Facts (per serving)

Calories	165
Fat (g)	4.4
Saturated Fat (g)	0.9
Cholesterol (mg)	77
Sodium (mg)	401
Carbohydrate (g)	7.7
Fiber (g)	0
Protein (g)	23.8
Calcium (mg)	165

### Preparation

- In a skillet, combine vegetable base, water, basil, shallots, garlic and carrot. Bring to a boil. Reduce heat and simmer for 10 minutes. Before adding fish, reduce temperature of poaching liquid to 160 degrees F.
- Add fish. Poach for 6 to 8 minutes. CCP-- Minimum internal temperature should be at least 145 degrees F. (for 15 seconds). Remove from poaching liquid. CCP-- Hold fish hot (140 degrees F. or above) for service.
- Transfer poaching liquid to food processor or blender. Process until pureed for broth. CCP-- Hold hot (140 degrees F. or above) for service.
- Spray a skillet with cooking spray. Heat. Add chard and some hot poaching liquid. Heat until chard wilts. CCP-- Minimum internal temperature should be 140 degrees F. or above. CCP-- Hold hot (140 degrees F. or above) for service.
- Spray a dry skillet with cooking spray. Heat. Add endive. Cook until slightly browned. CCP-- Minimum internal temperature should be 140 degrees F. or above. CCP-- Hold hot (140 degrees F. or above) for service.
- Season chard and endive with salt and pepper.
- As needed for service, ladle 3 oz broth in each serving dish. Place 2 oz chard in center. Top with 1 fillet. Place 3 leaves endive to the side.
- Garnish with 1/2 tsp lemon juice.

**Serves 6**

**Portion: 1 fish fillet with 3 oz ladle broth, 2 oz chard and 3 leaves endive**

