

MON AMI GABI®

A CLASSIC FRENCH BISTRO

ROASTED SEA BASS

Serving Size: 4

INGREDIENTS FOR GREAT NORTHERN WHITE BEANS

- ½ pound dry northern great white beans
- ¼ cup peeled and small diced carrots, ¼ inch dice
- ¼ cup peeled and small diced celery, ¼ inch dice
- ¼ cup of small diced onions, ¼ inch dice
- 2 Tbsp. sliced garlic
- 1 bouquet garni
(bundle of thyme, bay leaves wrapped with kitchen twine)
- 2 Tbsp. tomato paste
- 1 seeded and diced fresh tomato
- ½ cup cooking white wine
- 2 cups vegetable stock or broth
- 1 Tbsp. of olive oil
- salt & pepper to taste



METHOD FOR GREAT NORTHERN WHITE BEANS

1. Place the dry beans in a recipient and cover with water 2 inches above the beans, let them soak overnight. The next day, rinse the beans in a colander.
2. Preheat the oven to 300°F.
3. In a cast iron pan or Dutch oven, sauté pre-soaked beans with the olive oil and the diced onions and celery for 10 minutes on low heat.
4. Add the diced carrots, the bouquet garni and sliced garlic, cook for another 10 minutes on low heat.
5. Switch to medium heat, add the tomato paste and cook for a couple minutes.
6. Add the white wine and allow to reduce by half.
7. Add the vegetable stock or broth, the diced tomato and salt & pepper to taste. Make sure to stir well so all of the ingredients are combined and cover with a lid.

Continue on Next Page



MON AMI GABI®

A CLASSIC FRENCH BISTRO

- Place the pan or dutch oven in the oven and bake the beans for at least 2 hours.
- At the 2 hour mark, taste the beans. The beans should be tender, if not put them back in the oven until tender. Once cooked, let the beans completely cool off in their liquid.

***Chef tip: If beans appear dry during baking, add more stock, broth or water.*

INGREDIENTS FOR CHERRY TOMATOES

- ¼ cup of sliced garlic
- ½ pound cherry tomatoes
- 1 Tbsp. chopped fresh rosemary
- 1 Tbsp. chopped fresh thyme
- 1 tsp. powdered sugar
- drizzling of olive oil
- salt & pepper to taste

METHOD FOR THE ROASTED CHERRY TOMATOES

- Preheat the oven to 275°F.
- Cut the tomatoes lengthwise.
- In a baking pan lined with aluminum foil, display the tomatoes cut-side up and drizzle with enough olive oil so that all tomatoes are covered. Sprinkle evenly first the chopped thyme and rosemary, ¼ cup of sliced garlic, season first with salt & pepper and then powdered sugar.
- Roast the tomatoes for 35 minutes until they are nicely roasted and colored, and look dehydrated.

INGREDIENTS FOR PARSLEY CREAM

- couple slices garlic
- 4 cups cooking white wine
- 2 Tbsp. of olive oil
- 2 sliced shallots
- 1 bay leaf
- 2 sprigs of thyme
- ½ a lemon
- 1 cup heavy cream
- 2 ½ cups diced butter
- 2 egg whites
- 1 bunch clean Italian parsley
- salt & pepper to taste

Continue on Next Page



MON AMI GABI[®]

A CLASSIC FRENCH BISTRO

METHOD FOR THE PARSLEY CREAM

1. In a medium size saucepan heat 2 Tbsp. of olive oil and sauté the 2 sliced shallots with ½ cup of sliced garlic for 1 minute.
2. Add one bay leaf, 2 sprigs of thyme and half of a lemon, let cook on low heat for 10 minutes stirring frequently.
3. Add the white wine and let cook on low for another 8 minutes.
4. Add the heavy cream and bring to a boil and add the 2 cups of diced butter while stirring.
5. Prepare an iced bath with a large bowl to cool off sauce after blending.
6. Remove the bay leaf and the thyme sprigs and pour the sauce into a kitchen blender. Blend until smooth. At this point add the roughly chopped parsley into the blender, add a couple slices of garlic and blend again until smooth. Adjust seasoning with salt & pepper.
7. Strain the parsley sauce through an extra-thin mesh strainer into a bowl and cool it off as quickly as possible in an ice bath to keep the color bright green.

INGREDIENTS FOR SEA BASS

- 4 portions 6 to 7 oz. Wild Striped Bass (Seabass)
- 2 tbsp of olive oil
- lemon zest to taste
- 1 Tbsp. chopped Italian parsley
- 1 Tbsp. fresh grated parmesan cheese
- 1 tsp. chili flakes
- Zest of 1 lemon
- 1 cup microgreens for the garnish (preferably micro seagrass or petite parsley)
- 1 tsp. salt flakes or fleur de sel

Continue on Next Page



MON AMI GABI[®]

A CLASSIC FRENCH BISTRO

METHOD FOR THE SEA BASS AND PLATING

1. Season the four portions of Sea Bass with salt & pepper on both sides.
2. Preheat a nonstick pan to medium heat.
3. Cook the fish with 2 Tbsp. of olive oil skin side first for 4 minutes until the skin gets nice and crispy.
4. Flip the fish and turn off the pan.
5. While the fish cooks, warm up the beans. In a medium pot, add 6 cups of cooked beans and ½ cup of diced butter. While stirring add 1 Tbsp. of chopped parsley and lemon zest to taste. Adjust the seasoning with salt, pepper and chili flakes. Right before plating the beans, add a couple spoons of parmesan cheese to give the beans a creamy and decadent texture.
6. *To plate:* in the middle a large round bowl or plate, place 2 to 3 Tbsp. of creamy northern beans and then place the roasted cherry tomatoes in a half-moon shape around the beans. Place the cooked Sea Bass right on top of the beans and spoon parsley cream sauce on the opposite side of the tomatoes. Garnish the dish with petite seagrass or parsley leaves, squeeze a little of lemon juice, and finish with sea salt flakes or fleur de sel.

