



## Jean-Noel's Sea Bass with Tomatè Fondue

SERVE WITH VGS 2018 ZINFANDEL

### Ingredients (serves 2)

- 8 LARGE WELL-RIPENED TOMATOES
- 2 TBSP CANOLA OIL
- 20 BLACK OLIVES
- 1 TBSP HERBS DE PROVENCE
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 2 PORTIONS OF SEA BASS FILETS  
(YOU CAN ALSO USE HALIBUT, OR  
COD IF SEA BASS IS UNAVAILABLE)
- 1 TSP PAPRIKA
- 1 TSP CURRY POWDER
- 4 OZ. DRY WHITE WINE
- 2 BAY LEAVES
- 1 TBSP CHOPPED FRESH THYME  
PLUS 1 SPRIG FOR STEAM BATH



### Equipment Needs

- WINE OPENER & WINE GLASSES!
- CUTTING BOARD
- CHEF'S KNIFE
- SAUTÉ PAN WITH LID
- BLENDER OR FOOD PROCESSOR

### Pre-Video Instructions

(TOMATÈ FONDUE MUST BE PREPARED IN ADVANCE OF VIDEO CLASS DUE TO 40 MINUTE COOKING TIME)

1. OPEN YOUR BOTTLE OF 2018 VGS ZINFANDEL AND POUR YOURSELF A GLASS. AS JULIA CHILD SO FAMOUSLY PROCLAIMED "I ENJOY COOKING WITH WINE, SOMETIMES I EVEN PUT IT IN THE FOOD". So, GO FOR IT-ENJOY!
2. MARINATE THE BLACK OLIVES WITH THE HERBS DE PROVENCE AND 1 TBSP OLIVE OIL.
3. CUT THE TOMATOES IN HALF (HORIZONTALLY TO THE STEM) AND SQUEEZE TO ELIMINATE MOST SEEDS AND HALF OF THE WATER. PLACE THE HALVED AND SEEDED TOMATOES IN A SAUTÉ PAN WITH THE CANOLA OIL AND COOK AT MEDIUM TEMPERATURE FOR 40 MINUTES WITHOUT BROWNING.
4. AT MID-WAY (20 MINUTES), ADD THE MARINATED OLIVES & 1 TBSP THYME AND CONTINUE TO COOK AT LOW HEAT.
5. REMOVE TOMATO SKINS AND THE PITS OUT OF THE OLIVES, IF ANY.
6. WHEN ALL IS WELL COOKED, USE A MIXER TO MAKE A PURÉE. SET ASIDE & KEEP WARM.

### Live Video Instructions

7. PREPARE YOUR STEAM BATH TO COOK THE FISH IN. IN A SAUTÉ PAN, ADD THE WHITE WINE, BAY LEAVES, AND 1 SPRIG OF FRESH THYME. HEAT UNTIL JUST BELOW BOILING AND COVER WITH LID TO TRAP STEAM.
8. VERY LIGHTLY DUST THE FISH WITH PAPRIKA AND CURRY.
9. PLACE FISH IN STEAM BATH, COVER AND COOK WITHOUT BOILING TO MEDIUM FIRMNESS (BE CAREFUL NOT TO OVERCOOK YOUR FISH).
10. TO SERVE, PLACE THE PUREE OF TOMATOES AND OLIVES ON YOUR PLATE THEN THE SEA BASS ON TOP. LIGHTLY SPRINKLE WITH EXTRA VIRGIN OLIVE OIL AND SERVE.
11. ENJOY THIS AVANT-GARDE FOOD & WINE PAIRING MADE IN HEAVEN!