



**MINUS8**  
VINEGAR & VERJUS

**RECIPE CARD**

## PAN ROASTED BLACK BASS WITH MINUS 8 GASTRIQUE



### MINUS8 VINEGAR

Icewine vinegar named for the temperature at which the grapes are harvested and pressed. Barrel aged for years in a French oak Solera system started in 1997.

Serves: 4

Prep Time: 10 min Cooking

Time: 20 min

#### To assemble this dish,

1/2 pound Trumpet Royale Mushrooms, 1 avocado, 2oz Extra Virgin Olive Oil and a pinch of coarse Sea Salt.

Place a spoonful of the celery root puree onto the plate topped with the bass.

Layer the avocado and thinly sliced trumpet royale mushrooms across the top.

Drizzle with extra virgin olive oil, and Coarse sea salt. Sauce with Gastrique, enjoy.

#### Ingredients:

#### Pan Roasted Black Bass

Black Bass 4-6oz filets

Blended Oil 2oz

Salt To taste

#### Minus 8 & Acacia Honey Gastrique

2 tb Minus 8 Vinegar

1/4 cup Acacia Honey

#### Celery Root Puree

1 Bulb Celery Root

1 Apple Gala Preferred

1 Onion

4 cups Water

1 tb Blended Oil

Salt to taste



#### Method:

- Heat a sauté pan over high heat add some blended oil and cook bass skin side down allowing the skin to get crispy.
- Once the fish takes on some nice color flip it and turn off the flame, let rest for a minute and remove from the pan.
- In a separate pan, heat the honey over medium heat. Once honey begins to take on some coloring add minus 8 vinegar and reduce to syrup like consistency.
- Remove from heat and reserve.
- Heat a sauce pot over medium heat.
- Add onion, celery root, sprig of thyme and apple.
- Sweat gently, in 1 T of Blended Oil for 5 minutes, or until vegetables have softened without taking color.
- Cover, vegetables, with water. Cook until the celery root can be mashed between your fingers.
- Puree in a food processor reserving some of the cooking liquid for thinning the puree if necessary.
- Adjust seasoning.