



# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: CHILEAN SEA BASS

## Pan Seared Chilean Sea Bass with Sofrito Peppadew Sauce -Eat Like A King (or at least a Prince)

*"I particularly hope that the illegal fishing of the Patagonian toothfish will be high on your list of priorities because until that trade is stopped there is little hope for the poor old albatross, for which I shall continue to campaign."*

*~ Prince Charles, in a letter to a Labour minister*

You can eat like a King of The Sea and sustainably as well. Prince Charles is a big fan of Chilean Sea Bass or the Patagonian Toothfish as it is also known. He begged the government to make responsible and sustainable harvesting of them a high priority.

Listen in to the show for tips on sourcing & prep!



Pan Seared Chilean Sea Bass with Sofrito Peppadew Sauce

*Join Chef Luca Paris and Dr. Mike this week on Code Delicious as we discuss the sustainable use and recipes like this Pan Seared Chilean Sea Bass with Sofrito Peppadew Sauce (yes you can source sustainable Patagonian Toothfish!*

Presented by Chef Luca Paris

This presentation would also work nicely with a trout or even with chicken. The sofrito is what makes the dish. Sofrito is a sauce I think you should always have in your freezer to help start dishes like this one. I suggest making a double batch of the sauce and keeping half in the freezer. Peppadew Peppers are a wonderful underused pepper. They are light spicy peppers that are packed in vinegar brine and that add a sparkle to

this dish. If you can't find peppadew, a spicy vinegar pepper will also work.

### Ingredients:

- 4 Chilean Sea Bass Filets, 6 oz Portions
- 1 Tbs Vegetable Oil
- 1 Tbs Sofrito , see ingredients below
- 4 Garlic cloves, minced
- 3 Peppadew Peppers, finely diced
- ¼ cup Sherry wine
- 3 Tbs Butter
- 3 oz Old Bay Seasoning
- 3 oz Flat Leaf Parsley; cleaned, leaves picked and coarsely chopped
- Salt and Pepper to taste
- Flour for dredging



Check out all the podcasts of Code Delicious with Dr. Mike; hit the link: [Code Delicious](#)

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### Pan Seared Chilean Sea Bass with Sofrito Peppadew Sauce (continued from Page 1)

Recipe by:  
Chef Luca Paris  
Luca's Mediterranean Café



#### Directions:

Make the Sofrito:

You will need about 4 strips of bacon, two fresh peppers red or green, a dried ancho chile or even a can of chipotle paste, one onion diced and a little oil. You first render the bacon and add the rest of the ingredients until they are all soft and cooked through. Let the mix cool for a bit and place in a blender puree until smooth then transfer to an ice cube tray. Once the cubes are frozen solid they can be released from the tray and put in zip lock baggies and kept frozen for a couple of months. One cube of sofrito will be perfect for this recipe.

#### SEAR

Heat oil in a large sauté pan over moderately high heat until hot, but not smoking. Dredge the basa in flour that has been seasoned with salt and pepper and old bay. Sear the swai/basa for one to two minutes on the each side depending on the thickness. Remove the fish and place in a warm oven about 200 degrees.

#### CREATE SAUCE

Add the sofrito directly to the pan with the garlic and peppadew peppers and sauté until garlic is nutty but not burned. Remove pan from heat and add the sherry wine. Deglaze the pan with the wine. Once the wine is reduced by more than half the original amount, turn off the heat and whisk in the butter to create a silky smooth sauce. Finally toss in the chopped parsley and pour over the fish to serve.

Chef Luca likes to serve this dish with cous-cous, or garlic mashed potatoes!!

#### HEALTHY BYTES BY THE NUMBERS

25%

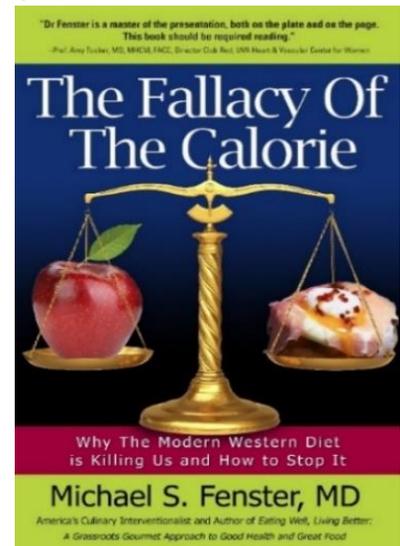
The percentage of EPA found in Chilean Sea Bass compared to wild salmon

75%

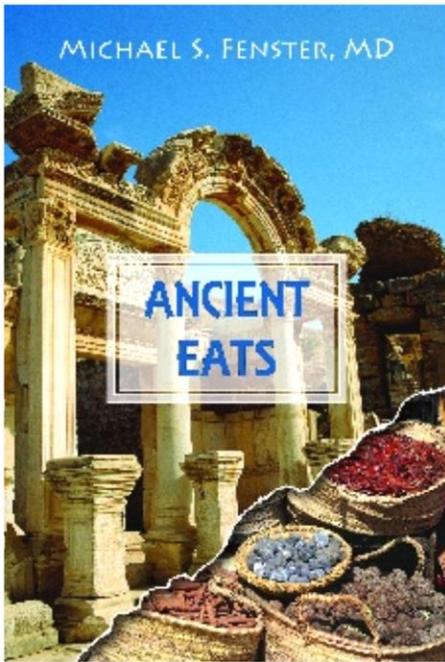
The amount of total omega-3 PUFAA found in Chilean Sea Bass compared to wild salmon

\*\* Do be aware some Chilean Sea Bass can contain high levels of Mercury\*\*.

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



Pick up your copy of the critically acclaimed book at Amazon.com.



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