

## Chilean Sea Bass

*with Asparagus Crab Salad and Tangerine Soy Wasabi Sauce*

Courtesy of Christopher's New Global Cuisine

### Ingredients

1 oz cooking oil

2- 7 oz Sea Bass fillets

Flour seasoned with salt, pepper & ground cumin

1/2 lb. lump crab meat

1 bunch asparagus-blanching, cooled then chopped

1 tomato- diced into small pieces

1/2 cup tangerine juice

1 oz soy sauce

1 teaspoon wasabi powder

1/2 cup sugar

In a sauce pan combine tangerine juice, sugar, wasabi, and soy sauce.

Cook on med-low heat and let simmer and reduce by 1/4

Dredge sea bass fillets in seasoned flour

Heat 1/2 oz cooking oil in sauté pan

Sear one side of sea bass in hot oil for 2 minutes

Flip and sear other side for 1 minute

Transfer to cooking sheet and place in 400 degree oven

Cook for 7-10 minutes

In another sauté pan, heat 1/2 oz oil

Add crab, asparagus & tomato

Sauté for 1 minute adding pinch of salt & pepper

In a pasta or large soup bowl ladle sauce

Place sautéed crab salad in center of bowl

Set sea bass on top of crab salad and serve

Christopher's New Global Cuisine is one of the triad's premier restaurants. Christopher's is located in an 1892 Victorian home in the historic Holly Avenue Neighborhood on the edge of downtown Winston-Salem. The award winning restaurant provides a contemporary cuisine that is influenced by cultures from around the globe. Along with its expansive wine and martini lists, Christopher's offers live entertainment in its piano bar and out on the garden patio. Chef/Owner Christopher Fulk and his staff invite you to join them for lunch, dinner or just drinks in one of their intimate dining rooms or in front of one of their fireplaces. Whether it's a romantic dinner for two or a business dinner for fifteen, every occasion is a special occasion at Christopher's.

712 Brookstown Avenue  
Winston-Salem, NC 27101  
(Corner of Brookstown Ave. & Broad St.)  
336.724.1395  
[www.christophersngc.com](http://www.christophersngc.com)

Hotel Reservations in North Carolina | Hotel Reservations in South Carolina  
Mountains | Foothills | Heartlands | Coast | Carolina Weather

Home | Relocating | Visiting | Financial Matters | Life in the Carolinas | Resources | Message Board | Map  
About CarolinaLiving.com | Contact Us | Marketing Tools | Additional Resources | Credits  
Site Index | CarolinaLiving.com Staff Information  
Official Carolina Relocation Guide Subscription Offer.  
Copyright 2006, Center for Carolina Living