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# Grilled Striped Bass with Bacon Vinaigrette, Red Smashed Potatoes, and Sauteed Butter & Thyme Mushrooms

Serves 2

## Ingredients

2 (6-oz) striped bass fillets

salt, divided

freshly ground black pepper, divided

4 slices center-cut bacon

2 large shallots, finely chopped and divided

3 tablespoons red wine vinegar

1 teaspoon Dijon mustard

1/8 teaspoon sugar

4 tablespoons olive oil, divided

1 pound red potatoes

2 garlic cloves, halved

1/4 cup 2% reduced-fat milk

2 tablespoons butter, divided

2 (8-ounce) packages presliced baby bella mushrooms

1/3 cup dry white wine

4 teaspoons chopped fresh thyme

## Directions:

### Potatoes:

Add the potatoes and the halved garlic cloves to a large pasta pot and cover with cold water. Bring to a boil. Once boiling, Reduce heat and simmer for 15 minutes or until the potatoes are fork tender. Drain pot and return the potatoes and garlic to the pot. Mash using a potato masher or a large fork. Add the milk, 1 tablespoon butter, 1/4 teaspoon salt, and 1/4 teaspoon pepper and mix to combine.

### Mushrooms:

Melt 1 tablespoon butter in a large sauté pan over medium heat. Add 1 tablespoon olive oil and 1/4 cup of the chopped shallots to the pan. Cook for about 1 minute. Add a 1/2 teaspoon salt and the mushrooms to the pan, stirring occasionally. Cook for 13 minutes or until the mushrooms are brown and the liquid has evaporated. Add the wine to the pan and cook for 2 minutes or until the liquid almost evaporates. Stir in the thyme and cook for 30 seconds and remove from heat.

### Bacon Vinaigrette:

Heat a sauté pan over medium high heat. Add the bacon and cook until crisp. Remove from heat and add to a paper towel. Reserve 1.5 tablespoons of the drippings in the pan. Crumble the bacon. Add the crumbled bacon and 2 tablespoons shallots back to the pan, cooking over medium heat for 1 minute stirring frequently. Remove from heat and stir in the vinegar, Dijon mustard, 1/4 teaspoon pepper, and 1/8 teaspoon sugar. Slowly add the olive oil to the vinegar mixture, stirring constantly to get an emulsion.

### Bass:

Heat a grill pan over medium high heat and spray with cooking spray. Sprinkle the fish with salt and pepper and add to the grill pan skin side up. Cook for 4 minutes. Flip and cook for another 4 minutes. Serve drizzled with the bacon vinaigrette. Plate with mushrooms and mashed potatoes.