



Poached Sea Bass

INGREDIENTS

4 Tbs. Soy sauce	1 lb Sea Bass (or any thick, white fish) fillets; about 1-inch thick
1 qt. chicken broth	$\frac{1}{4}$ cup honey
2 Tbs. tomato paste	2 - $\frac{1}{2}$ Tbs. cider vinegar
$\frac{1}{4}$ tsp Tabasco or other hot sauce	12 quarter-size thin slices fresh ginger
2 Tbs. chopped fresh cilantro	2 Tbs. sliced scallions (greens included)

DIRECTIONS

Drizzle the soy sauce over both sides of the halibut fillets. Cover and refrigerate.

In a 12-inch sauté pan, combine the chicken broth, honey, tomato paste, vinegar, ginger, and Tabasco. Bring to a simmer over medium heat and cook gently for 12 minutes, stirring occasionally and skimming foam as necessary. Add the fillets, cover, and poach gently at a bare simmer over medium-low heat until the fillets are slightly firm to the touch and the centers are almost opaque (make a small slit with a knife to check), 6 to 8 minutes; the fish should be slightly undercooked at this point. Turn off the heat and let sit covered for another 2 minutes. Divide the fish and broth evenly among four shallow bowls. Sprinkle generously with the scallions. Makes 4 servings; 285 calories each.