

PALMINA



Pinot Grigio-Poached Seabass with Fennel and Orange paired with Pinot Grigio, Alisos Vineyard

Serves six people

4 tablespoons orange zest
4 teaspoons fennel fronds, finely chopped
4 teaspoons sea salt
2 pounds Black Sea Bass
1 white onion, peeled and thinly sliced
5 tablespoons extra virgin olive oil
2 fennel bulbs, thinly sliced
1 1/2 cup Pinot Grigio
2 oranges, juiced
2 teaspoons red chili flakes
2 cups arugula



1. Combine the zest, fennel fronds and sea salt and rub on to both sides of the fish.
2. In a poaching pan, sauté the onion in 2 tablespoons of olive oil until it becomes translucent. Stir in the fennel then push the vegetables to one side and turn up the heat.
3. Add the fish and sear on both sides. Remove the fish to a plate.
4. Add to the pan the wine, 2/3 of the orange juice and the red chili flakes, stir and reduce until slightly thickened. Bring to a boil, then reduce to a simmer. Place the fish into the liquid, cover the pan and simmer for 5 minutes, or until the fish is cooked through and still flaky.
5. Remove the fish from the pan and turn up the from the heat and toss the arugula in the pan with the vegetables. Cook until arugula is wilted. Plate arugula, fennel and onion mixture on the bottom of a shallow bowl, then place fish on top. Drizzle the plate with extra juices.

Palmina ~ 1520 East Chestnut Court ~ Lompoc, CA 93436
tel: 805.735.2030 ~ info@palminawines.com
www.palminawine.com