

Michaelangelo's

ITALIAN RESTAURANT WINE BAR

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March 10, 2008

Pan-Seared Black Sea Bass alla carciofi

YEILD: 2 servings prep time: 15min. Cook time: 15 min.
From Michael Annandono, Executive Chef/Owner

Rome, Italy in the region of Lazio is home to the largest harvests of artichokes in the world. In this dish a simple puree of basil, garlic and artichokes adds sofication to a simple but delicious dish.

10 oz Black bass fillets, cleaned
2 T Flour
3 T Extra virgin olive oil

1 C Artichokes, cleaned and boiled
6 ea Basil Leaves
5 ea Garlic, roasted
3 T Extra virgin olive oil

1/2 ea Leeks, sliced and fried
1 T Basil infused olive oil

Heat the 3 tablespoons of olive oil in a small saute pan. Lightly dredge the fish in flour. Shake off any excess flour. In a food processor, puree the cooked artichoke, roasted garlic and basil. Slowly add the olive oil. Lightly place the finished fillets on a spoon of artichoke puree, top with fried leeks and finish with basil infused olive oil.

Serve.



Notes:

