



Coriander-Fennel Scented Wild Striped Bass
Cassoulet of Summer Vegetables and Green Olive Tapenade
(Serves six)

Coriander-Fennel Scented Wild Striped Bass

2 tablespoons coriander seed
2 tablespoons fennel seed
1 tablespoon cumin seed
1 tablespoon anise seed
1 tablespoon whole black peppercorn
2 tablespoons paprika
1 teaspoon cayenne pepper
1 egg
¼ cup water
½ cup flour
1 two-pound fillet of wild striped bass, cut into six five-ounce portions
3 tablespoons olive oil

Using a food processor or mortar and pestle, coarsely grind the coriander, fennel, cumin, anise and black peppercorns, then mix in the paprika and cayenne pepper. Whisk together the egg and water. Lightly flour and egg each fillet, then coat with the spice mixture. Warm olive oil over moderate heat in a sauté pan, and place three pieces of bass skin side down, and cook until skin is golden brown and crisp. Then flip each fillet over and cook until the spices are lightly browned and the fish is done to your liking. (Repeat process with remaining fillets). Remove from the pan and serve drizzled with good olive oil, and accompanied with the cassoulet of summer vegetables and green olive tapenade below.

Cassoulet of Summer Vegetables

3 six-ounce Gold Bar zucchini
¼ cup olive oil
2 tablespoons butter
1 clove garlic, peeled and crushed
1 sprig thyme
salt and pepper

Step 1. Remove the stem and top from each zucchini, then cut each into a ½-inch dice. Warm the olive oil and butter over moderate heat with the garlic and thyme. When the butter has melted and starts to bubble up, add the squash, salt and pepper, and three tablespoons of water. Cover and cook for three minutes. Remove from heat and transfer the zucchini, along with the cooking liquid to a bowl.

3 ripe tomatoes, peeled
2 ½ tablespoons salt
1 large sweet onion, such as Vidalia
3 tablespoons olive oil
2 tablespoons water
1 guajillo chile, finely chopped
3 cloves garlic, peeled and crushed
1/8 teaspoon cayenne pepper
1 cup white wine
1 sprig thyme

Step 2. Cut the tomatoes in half widthwise, exposing their seeds. Remove the seeds, cut each tomato half into six pieces, then place them in a bowl and toss with one and half tablespoons of salt. Peel and thinly slice the sweet onion, and place in a bowl with a tablespoon of salt. Warm the olive oil over low heat in a two quart sauce pan. Add the onion slices, two tablespoons of water and cover. Sweet the onions until they are translucent and tender then add the tomatoes, guajillo chile, garlic, and cayenne pepper. Cook over low heat, covered, until the tomatoes are almost completely broken down, approximately ten to fifteen minutes. Remove the cover, pour in the wine and bring the tomatoes to a boil. Add the thyme, reduce to a simmer and cook for about ten minutes. Remove the garlic and thyme, and reserve.

1 cup shell beans, such as fava, cranberry or Jacob's cattle
5 tablespoons butter
1/4 teaspoon minced garlic
1 tablespoon fresh marjoram
2 teaspoons, diced lemon basil
2 tablespoons olive oil

Step 3. Cook shell beans in boiling, salted water until tender. Warm one cup of the zucchini mixture (Step 1) with one and a half cups of the tomato "fondue" (Step 2), and one cup of the shell beans. When hot, whisk in the butter, garlic, marjoram and basil. Adjust the seasoning with salt and finish with olive oil.

Green Olive Tapenade

1 cup pitted Picholine olives
3 tablespoons of capers, rinsed
2 cloves garlic, minced
¼ cup sliced blanched almonds
8 white anchovies, rinsed
¾ cup olive oil

Puree the almond, capers, anchovies, garlic and olives together in a food processor and, with the motor running, slowly drizzle in the olive oil. Adjust seasoning with salt if needed and reserve.