



World Gourmet Summit 2004 Culinary Masterclass

The Cuisine of **Mauricio Guerrero Cruz**

Restaurant Adra
Ritz-Carlton Santiago, Chile

Chilean Seabass with Warm Quinoa Salad



Serves 2

INGREDIENTS

Filling:

2 x 250g Chilean seabass fillets, with tail
10ml **Dandaragan Estate Olive Oil**
Salt and pepper, to taste

Warm Quinoa Salad

80g quinoa
100g tomatoes, cut into pieces
60g bell peppers, grilled
10g chopped parsley
30g zucchini, cut into pieces, blanched
10g carrot, cut into pieces, blanched
California Raisins
Lemon juice

Salsa Verde

3 whole eggs
251ml **Dandaragan Estate Olive Oil**
5g chopped garlic
White Wine Vinegar
30g chopped parsley
25g chopped cilantro
Green chillies, to taste
40g white onions, peeled, chopped

Method:

- For the Chilean Seabass:** Scale and fillet the Chilean seabass from head down towards the tail, stopping right before the tail. Repeat with second fillet. Cut the spine off with a pair of scissors, leaving the two fillets attached to the tail. Remove any remaining bones using a pair of tweezers. Brush the fish with **Dandaragan Estate Olive Oil** and season with salt and pepper. Then pan-fry the fish for about 3 minutes on each side..
- For the Warm Quinoa Salad:** Soak the quinoa in cold water for two hours. Rinse it and boil in 140ml of salted water until the water is completely absorbed. Heat up a pan with **Dandaragan Estate Olive Oil** and add the quinoa, vegetables, **California Raisins**. Remove the pan from heat and season the warm salad with salt, pepper and lemon juice. Mix thoroughly and add in tomatoes and chopped parsley.
- For Salsa Verde:** Boil the eggs for three minutes. Chop into pieces and blend with **Dandaragan Estate Olive Oil**, garlic and vinegar to a smooth consistency. Add in the parsley, cilantro and green chillies and continue blending. Pour out the mixture and mix in the chopped onions last.

To Serve:

Serve the Chilean seabass accompanied by the warm quinoa salad. Garnish with a dressing of *salsa verde*.