



Sea Bass Crudo with Peruvian Tiradito Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound aji amarillo–pineapple salsa fresh
- ☐ 1 tablespoon cilantro leaves minced
- ☐ 4 tablespoon bottled clam juice
- ☐ 0.5 cup corn kernels salted cooked
- ☐ 1 teaspoon garlic minced peeled
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 4 tablespoon juice of lime freshly squeezed
- ☐ 1 pound sea bass fillet wild caught white (u.s pacific)

- ☐ 6 servings soya sauce as needed
- ☐ 2 tablespoon vegetable oil

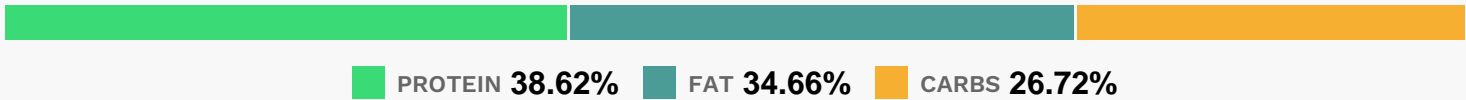
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Place aji amarillo in a saucepan with water and bring to a boil. Lower heat to a simmer and cook about 5 minutes. Change water and repeat procedure twice more.
- ☐ Remove the aji peppers from the water and let cool slightly. Slip the peels off the peppers, cut, seed, and de-vein them. Blend with the oil until you get a creamy paste. This makes more than you will need. Make the tiradito sauce: Bring a small saucepan of water to a boil, add the yellow bell pepper and boil 15 minutes.
- ☐ Drain and cool. Slip the skin off the pepper and place the pepper in a food processor. Process until very smooth.
- ☐ Add the about 1 tablespoon aji amarillo puree (or more to increase spiciness), garlic, lemon juice, lime juice and clam juice and pulse just until combined.
- ☐ Pour the sauce onto a serving platter with a lip. Chill until ready to serve. Prepare sea bass: With a sharp knife, cut along either side of the dark bloodline that runs down the center lateral line of the fillet. Discard the dark flesh. Trim away the thinnest edges and the belly flap, making sure to include the fine pin bones that reside just to the center of the belly meat. Each fillet has now been turned into 2 relatively uniform blocks.
- ☐ Cut each block into ¼-inch slices or thinner slices, and arrange them top of the sauce on the chilled platter. Using a dropper place one or two drops of soy sauce onto each slice of fish.
- ☐ Garnish with cilantro and .

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:2.66, Inflammation Score:-8, Nutrition Score:17.915217544722%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 172.14kcal (8.61%), Fat: 6.85g (10.53%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 10.23g (3.72%), Sugar: 5.48g (6.09%), Cholesterol: 60.48mg (20.16%), Sodium: 1128.49mg (49.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.33%), Vitamin C: 113.49mg (137.56%), Vitamin B12: 2.89µg (48.18%), Selenium: 28.32µg (40.46%), Vitamin B6: 0.67mg (33.38%), Phosphorus: 215.36mg (21.54%), Vitamin K: 19.2µg (18.28%), Vitamin B3: 3.42mg (17.1%), Vitamin A: 818.27IU (16.37%), Potassium: 518.56mg (14.82%), Magnesium: 58.19mg (14.55%), Manganese: 0.27mg (13.6%), Iron: 1.92mg (10.64%), Vitamin B1: 0.15mg (10.13%), Folate: 34.83µg (8.71%), Vitamin B5: 0.86mg (8.62%), Copper: 0.16mg (7.87%), Vitamin B2: 0.13mg (7.7%), Fiber: 1.65g (6.6%), Vitamin E: 0.94mg (6.29%), Zinc: 0.64mg (4.29%), Calcium: 29.22mg (2.92%)