



GINGER SEA BASS, TUNA POKE, SPICY EGGPLANT BUCKWHEAT SOBA NOODLES, DASHI BROTH

GINGER SEA BASS

1 cup light miso (shiro-miso)
 $\frac{1}{2}$ cup mirin (sweet Japanese rice wine)
 $\frac{1}{2}$ cup sake
 1 Tbsp finely chopped fresh ginger
 $\frac{1}{2}$ cup canola oil
 4 pieces about 3 oz each skinless & boneless
 Chilean sea bass (cut from the fillet)
 1 red bell pepper, cored, seeded, and julienne
 1 yellow bell pepper, julienne
 Freshly ground black pepper
 $\frac{1}{4}$ cup toasted sesame seeds

SPICY EGGPLANT PUREE

8 eggplant, halved lengthwise
 salt & pepper
 $\frac{3}{4}$ cup plus 1 Tbsp. olive oil
 3 Tbsp. Rice Wine Vinegar
 $\frac{1}{4}$ cup water
 1 Tbsp. garlic
 1 jalapeno, seeded and minced
 $\frac{1}{4}$ cup minced shallots

STIR-FRIED BUCKWHEAT NOODLES, TOFU & DASHI BROTH

$\frac{1}{2}$ cup cilantro

$\frac{1}{2}$ cup tamari soy sauce
 $\frac{1}{4}$ cup minced ginger
 4 Tbsp. sesame oil
 1 Tbsp. garlic Chile paste
 1 cup diced firm tofu
 2 Tbsp. sesame seeds
 $\frac{3}{4}$ cup diagonally sliced scallions
 salt and pepper
 8 oz buckwheat soba noodles, cooked
 2 oz dried kelp
 6 cups Vegetable Stock
 $\frac{1}{4}$ cup mirin
 2 Tbsp. red miso paste
 1 Tbsp. sugar
 3 cups chopped bok choy, blanched

TUNA POKE

12 oz Sashimi Grade Tuna, finely diced
 $\frac{1}{2}$ cup minced scallions
 $\frac{1}{2}$ cup minced white onions
 1 tsp dark sesame oil
 2 Tbsp. chopped ogo (seaweed)
 $\frac{1}{2}$ tsp. chopped fresh chilies
 1 Tbsp. Lemon Powder

GINGER SEA BASS

In a medium non-reactive bowl, combine the miso, mirin, sake, ginger, oil, and stir to blend. Add the bass, turn to coat, and marinate, covered and refrigerated, overnight. Prepare the broiler. Wipe the marinade from the fish and season it with pepper to taste. Grill or broil, turning it once, until just cooked through. 10 to 12 minutes.

SPICY EGGPLANT PUREE

Score the cut side of the eggplant, season with salt and pepper, and rub with 1 tablespoon of olive oil. Place the eggplant cut side down on a sheet pan. Fill the pan with $\frac{1}{4}$ inch of water and bake at 350° for 30 minutes, or until the eggplant is tender. Sauté the garlic and shallots in a 1 tablespoon of olive oil until golden brown. Puree the eggplant flesh with the rice wine vinegar, water, jalapeno, garlic shallot mixture and 2 tablespoons olive oil for 1 minute, or until smooth. Season to taste with salt & pepper.

STIR-FRIED BUCKWHEAT NOODLES, TOFU & DASHI BROTH

**William K. Nasser, MD 19th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**



To prepare the tofu: Put $\frac{1}{4}$ cup of the tamari, 2 tablespoons of the ginger, 2 tablespoons sesame oil, and garlic chile paste in a small bowl, and marinate for 2 hours. Stir the sesame seeds into the marinade. In a preheated wok, add the mixture and quickly stir-fry for 1 minute. Remove the mixture from the wok, and season to taste with salt and pepper. To prepare the dashi broth: Place the kelp and stock in a sauce pan and simmer for 20 minutes. Remove the kelp from the broth, finely julienne $\frac{1}{2}$ cup of the kelp and add to the noodles, discard the remaining kelp. Add the remaining $\frac{1}{4}$ cup tamari, 2 tablespoons ginger, the mirin, miso, and sugar to the stock. Simmer the mixture for 20 minutes and season to taste with salt & pepper.

TUNA POKE

To prepare the Poke, in a bowl combine the tuna, scallions, onions, go, chili peppers, sesame oil, lemon powder, Season with salt and pepper. Keep refrigerated.

GARNISH & PLATING: Place some of the noodles and bok choy in the center of each bowl. Top with some of the stir-fry mixture. Spoon some of the eggplant on top of the noodles then lay the Sea Bass on top of the eggplant and top with a spoon full of the tuna Poke. Ladle in some of the dashi broth around the fish on the noodles. Drizzle the remaining 2 tablespoons of sesame oil around the bowl.

Yield: 6 servings

Nutrition Information: 620 Calories, 12 gm fat, 3 gm saturated fat, 0 gm trans fat, 70 mg cholesterol, 70 gm carbohydrate, 25 gm fiber, 45 gm protein, mg 710sodium

Executive Chef David Spitzer, Centerplate at The Indiana Convention Center, 100 S. Capitol, #300, Indianapolis, 262-3515

**William K. Nasser, MD 19th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**