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## *Striped Bass Fillet with an Albemarle Pippin Coulis*

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6 six ounce striped bass fillets, with skin (*same as rockfish*)  
1/2 cup grape seed oil  
Salt and black pepper

### Instructions

Preheat oven to 450° F. Oil a shallow baking pan, set aside.

Pat fish dry with paper towels. Score skin in several places, with a thin sharp knife, to prevent fish from curling (do not cut through flesh). Season on all sides lightly with salt and pepper.

Heat oil in a heavy bottom large frying pan, over medium - high heat until hot, but not smoking. Add fish fillets skin side down, in batches and sear until skin is golden brown and crisp, 3 to 4 minutes per batch (fish will not be fully cooked). Transfer to oiled baking pan, turning fish skin side up.

Roast fish in oven, uncovered, until just cooked through 7 to 8 minutes.

Drizzle apple coulis attractively over fish fillets. Serve hot.

### Apple Coulis

6 Albemarle Pippin apples, peeled, cored, and quartered  
1 Tablespoon + 1 teaspoon unsalted butter  
¼ cup honey  
2 teaspoons ground cinnamon  
½ teaspoon ground mace  
1 ½ teaspoons fresh lemon juice  
Zest of one organic lemon  
1 Tablespoon + 1 teaspoon brandy  
1 Tablespoon water

### Instructions

Place the apples in a heavy bottomed saucepan. Add butter, agave nectar, cinnamon, lemon juice, zest, brandy and water. Cover and simmer over low heat, stirring occasionally, until fork pierces through the apples easily. Cool slightly and then process in a blender or food processor until totally smooth and free of lumps. Pour into a squeeze bottle.

The coulis can be made one day ahead, covered and refrigerated.

*Serves 6*

Recipe courtesy of Sarah Lanzman, Chef, Certified Health Coach  
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"Delicious food never healed so good."