



Pan Seared White Monterey Bay Sea Bass with Fava Bean Hummus and Summer Yellow Peach Relish



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Fava Bean Hummus

- 1/2 Fresh fava beans, clean and pool
- Juice of 1 lemon
- 1/4 cup of water
- 1/2 tbsp of salt
- 20 cello spinach leaves, blanched
- 2 tbsp of chopped italian parsley
- 1/2 cup of extra virgin olive oil

DIRECTIONS:

Clean & blanched fava beans

In a blender/food processor add all ingredients, exc olive oil, turn on blender/food processor, puree.

Then while the blender/food processor is still on add olive oil and desired seasonings.

Summer Yellow Peach Relish Recipe

- 1/2 Red bell pepper, medium dice (no seeds)
- 1/2 Yellow bell pepper, medium dice (no seeds)
- 1 cup sweet kernel corn
- 1/2 Pasilla pepper, medium dice
- 1 tbsp of salt
- 1/2 tbsp of black pepper
- 2 tbsp of white wine vinegar
- 4 yellow deseeded peaches, diced small
- 2 dashes of tabasco
- 2 tbsp of honey
- 1 tbsp of freshly chopped tarragon
- 1 tbsp olive oil

DIRECTIONS:

Place a sautee pan over medium heat and add oil

Add the corn and cook for about one minute, then add the peppers and cook for another two minutes. Remove from heat and let cool down.

In a mixing bowl add diced peaches, peppers, corn, honey, salt, pepper and tarragon add tabasco and mix well. Add more oil if needed.

BUILD THE DISH

Season both sides of your fish with salt and pepper. In a saute pan, add olive oil and place on medium heat.

Then sear the fish for about 4 minutes on each side.

Spread a generous spoonful of fava hummus on a plate.

Place the fish on top and cover with the peach relish.

Enjoy!