

LYNCHBURG

is for 

LOCAVORES

COOKING DEMONSTRATION WITH

Chef Rufus of Fifth & Federal



Striped Bass & Pear Sandwich

striped bass filet (can substitute another white, flaky fish or lean meat such as pork loin)
half of a medium sized Asian pear, half inch dice
quarter of a medium red onion, quarter inch dice
teaspoon of bourbon
pinch of brown sugar
tablespoon of butter
tablespoon of oil
ciabatta roll (or your favorite bread)

Lightly sear the bass on the grill or a grill plate to get some marks on the fish (optional). Heat the oil & butter in a pan on medium high heat and add the bass skin side down. Cover and cook for 7-10 mins or till firm & cooked through.

Combine pear, onion, bourbon & brown sugar. This can be prepped the day before. Add to a pan on medium heat & sauté till pears soften.

Place fish on top of a slice of bread then top with the pear compote. Garnish with a few pieces of raw pear.

