

DRAGON FRUIT JAM-GLAZED CHILEAN SEA BASS

featuring Maui Dragon Delights Red Dragon Fruit Jam

SERVES	OVEN	COOKING TIME
1	425°F	About 12-16 minutes

SEA BASS

- 1 Chilean sea bass fillet (about 6-8 ounces)
- 1/4 teaspoon kosher salt
- Pinch of ground black pepper
- 1 teaspoon avocado or olive oil
- Lime wedges, for serving
- Optional: sliced green onion, cilantro, or toasted sesame seeds

DRAGON FRUIT GLAZE

- 2 tablespoons Maui Dragon Delights Red Dragon Fruit Jam
- 2 teaspoons soy sauce
- 2 teaspoons fresh lime juice
- 1 teaspoon rice vinegar
- 1/2 teaspoon grated fresh ginger
- 1/4 teaspoon minced garlic
- Optional: pinch of crushed red pepper or cayenne

SERVING SUGGESTIONS

- Coconut or jasmine rice
- Roasted asparagus
- Sauteed bok choy
- Grilled pineapple
- Cucumber and avocado salad

PREPARE THE GLAZE

1. Combine the dragon fruit jam, soy sauce, lime juice, rice vinegar, ginger, garlic, and optional crushed red pepper.
2. Reserve about one-third of the glaze for serving. Keep it separate from utensils that touch the raw fish.

COOK THE SEA BASS

1. Preheat the oven to **425°F**. Line a small baking sheet or baking dish with foil and lightly coat it with oil.
2. Pat the sea bass dry. Season both sides with salt and black pepper.
3. Place the fish in the dish, skin-side down if it has skin. Brush the top lightly with oil.
4. Bake for **6 minutes**.
5. Remove from the oven and brush generously with the dragon fruit glaze.
6. Return to the oven and bake for another **5-8 minutes**, depending on the fillet's thickness.
7. Apply another thin layer of glaze during the final 2 minutes. Watch carefully because the fruit and sugar caramelize quickly.
8. For a glossy finish, broil for **30-60 seconds**, watching constantly.
9. Rest for **2-3 minutes**. Spoon the reserved glaze over the fish and add the optional garnish.

FOOD-SAFETY NOTE

The sea bass is done when it flakes easily and reaches **145°F in the thickest part**.