



## Recipe: Grilled Striped Bass with Mediterranean Tapenade

### Ingredients

- 4 – Wild Striped Bass steaks or fillets
- drizzle of olive oil
- lemon zest from 1 lemon
- Salt and freshly ground pepper
- 2 t. dill, chopped
- TAPENADE
- 2 Tbs. olive oil
- 1 onion, chopped
- 1 cup tomatoes, diced
- 3 Tbs. white wine
- ½ cup Kalamata olives, coarsely chopped
- 2 Tbs. capers
- 2 Tbs. parsley, chopped
- 2 Tbs. dill, chopped
- ½ of a preserved lemon

### .Instructions

In heavy skillet, sauté onions in olive oil until translucent. Add tomatoes, garlic and white wine, and let it cook down for 5 more minutes. Add olives, capers, and preserved lemon. Let simmer for 3 minutes. Turn off heat and add parsley and dill. Set aside. Brush fish with oil on both sides. Season with salt, pepper, lemon zest, and dill. Heat grill to very hot and spray grates with oil. Place fish seasoned side down on grill. Cook for 5 minutes on medium high heat. Turn over, and cook for 5 more minutes on other side. Transfer fish to a warm platter, and top with tapenade. Serve immediately. Enjoy!