

South Philly ● review

SPECTRUM GRILL'S PAN-SEARED CHILEAN SEA BASS

EXCERPTED

August 29, 2013



On any given night, one of Philly's beloved teams will have an off-night. But when you are the head chef at three of the restaurants local sports fans frequent, serving a bad meal is not an option. Levittown resident Chris Summers has been acing the assignment since Xfinity Live!, 1100 Pattison Ave., opened in March 2012. He handles the menus for the Spectrum Grill, NBC Sports Arena and PBR Bar and Grill.

Staying calm is the key.

"I've been doing this for so many years that I am accustomed to how it is," Summers, who has an associate degree from the Art Institute of Philadelphia, said.

Like Phillies manager Ryne Sandberg, he alters his lineup of dishes on a seasonal basis. With fall fast approaching, Summers is

getting ready to add a Pan-Seared Chilean Sea Bass to the menu at the Spectrum Grill, a high-end sports bar.

"I wanted to showcase something that is coming out in the fall," he said. "Sweet potatoes and Chilean sea bass go very well together."

Ingredients:

8-ounce Chilean sea bass filet
3 heads of baby bok choy
3/4 pound of sweet potatoes, peeled and rough chopped (save 1/4 pound for crispy potatoes)
6 cloves of garlic
4 cups of water
1 ounce of cream
1/2 teaspoon of curry powder
Salt and pepper, to taste
1 tablespoon of butter
Enough vegetable oil to coat the bottom of a pot

Puree Directions:

In a pot, combine 1/2 pound of the sweet potatoes with the garlic and water. Cook until the potatoes are tender.

Remove the potatoes and garlic, saving the liquid, and add to a blender. Start to puree and slowly add in the liquid until it becomes a smooth puree. Finish with the cream, curry powder, salt and pepper. Set aside.

Sea bass Directions:

Preheat the oven to 350 degrees.

Season the sea bass with the salt and pepper, and pan sear until the it is golden brown on one side. Flip it over and place the it in the oven and cook for about eight minutes, depending on the thickness.

While it ss is cooking, sauté the baby bok choy with the salt, pepper, chopped garlic and butter.

Take the remanding 1/4 pound of sweet potatoes and thinly slice them lengthwise. Cut them into thin-as-possible strips. Over medium-high heat, fry them in a pot with the oil for two minutes. Remove them from the pot and place on a towel, adding the salt and pepper.

Using a spoon, spread the puree on a plate, and add the bok choy followed by the sea bass. Garnish with the crispy sweet potatoes.

Spectrum Grill at Xfinity Live!

Owners: Comcast-Spectacor and the Cordish Co.
Opened March 2012
1100 Pattison Ave.
xfinitylive.com

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