

One Ocean White Sea Bass, Winter Greens and Pomegranate Curry over Hato Mugi and Brown Rice

serves 4

¾ cup each hato mugi and brown rice*

3 cups water

1 pound white sea bass filet

¼ cup pomegranate molasses*

½ cup water

4 tablespoons olive oil, divided

1 medium onion, finely chopped

2 teaspoons curry powder

2 medium tomatoes, seeded and chopped

6 cups winter greens or fresh spinach, stemmed and chopped if needed

½ cup cilantro leaves, chopped (optional)

salt and freshly ground pepper to taste

1 fresh pomegranate, seeds removed for garnish

Preheat oven to 350F. Combine hato mugi and rice in a small bowl and rinse three times until water is clear. Transfer to a small baking dish. Put 3 cups water in a small saucepan. Bring to a boil and pour on top of grains. Add salt to taste (1/2 teaspoon). Cover and bake one hour.

While grains are baking, heat a dry sauté pan, put fish in skin-side down. Cook 30 seconds, remove from pan and peel off skin. Chop into 1-inch pieces. Set aside.

In a measuring cup combine molasses and water. Stir and set aside.

Heat a medium-size sauté pan with 2 tablespoons oil. Add the onion and cook over medium-high heat until translucent, about 3-5 minutes. Add curry, cook one minute. Add tomatoes and pomegranate mixture and season with salt and pepper. Cover and cook 10 minutes, stirring every so often.

Add greens and fish. Season with salt and pepper. Serve over cooked grain. Garnish with chopped cilantro and pomegranate seeds.

* NOTE: Hato mugi is a gluten-free, Japanese barley (goldmine.com). Pomegranate molasses can be found in specialty stores in the ethnic aisle, or near the regular molasses. Make your own by reducing fresh pomegranate juice till thick-ish.