



Wilder Honey Jalapeño Mustard

Wilder's mustards began as a backyard project, concocted between BBQ and beer brewing sessions by chef and owner Isabel Freed. Based along the sunny, surf swept coastline of Santa Cruz, CA, her hometown is her inspiration. Good food and good company are at the helm of everything she makes.



Ingredients

Serves 4

- ◆ 2 Tbs. olive oil, divided
- ◆ 1 large leek, white and light green parts only, cleaned, split in half lengthwise and sliced
- ◆ 1.5 lbs. sea bass fillet
- ◆ 2 Tbs. Wilder Condiments Honey Jalapeño Mustard
- ◆ Salt – preferably finely ground French grey
- ◆ Pepper, fresh ground

Instructions

1. Preheat oven to 425 degrees.
2. Line a rimmed baking sheet with parchment paper. Slick one Tbs. olive oil on top, in the shape of the fish. Spread the sliced leeks down on top of the olive oil in the shape of the fish.
3. Wash and pat dry the fish. Spread the 2 Tbs. Wilder Condiments Honey Jalapeño Mustard on the backside of the fillet and place mustard side down on top of the sliced leeks.
4. Smear the top side of the fish with the 1 remaining Tbs. of olive oil. Spread it around with your fingers and season to taste with salt and pepper.
5. Roast for about 20 minutes or plan on 10 minutes per one inch of thickness of the thickest part of the fish and leeks, until the fish is completely done, white throughout and a tiny bit flakey. Sea bass is a dense fish so check it with a knife and fork.
6. Serve with LOVE and enjoy!!!

Notes