



Sesame Crusted Sea Bass

Ingredients

- 4 six-ounce fillets striped bass, skinned and boneless
- 2 tablespoons flour
- salt and pepper
- 1 egg
- 1 teaspoon [Fustini's Jalapeno Lime balsamic](#)
- drizzle [Fustini's Toasted Sesame oil](#)
- 1/4 cup sesame seeds
- 2 tablespoons [Fustini's Delicate SELECT olive oil](#)
- 1 teaspoon [Fustini's Persian Lime olive oil](#)
- 4 slices fresh pineapple
- 2 bananas, peeled and quartered
- 1 teaspoon [Fustini's Pineapple Mango Habanero Jam](#)
- 2 tablespoons Brandy

Directions

Step 1.

Season filets with salt and pepper. Place flour with some salt and pepper in one small bowl. Whisk the egg, Fustini's Jalapeno Lime balsamic and Toasted Sesame oil in a second bowl. Place the sesame seeds in a third bowl. Bread the fish by rolling in the flour and shaking off the excess, then dipping in the egg wash and letting any excess drip off, then finally rolling in the sesame seeds and set aside.

Step 2.

Heat the Fustini's SELECT olive oil over moderate heat in a large skillet and when hot, add the breaded fish fillets. Cook for 5 to 6 minutes on one side and then turn over and cook another 2 to 3 minutes. Remove the fish fillets from the pan and carefully wipe out the pan with a paper towel.

Step 3.

Add the Fustini's Persian Lime olive oil to the pan and when hot, add the pineapple slices. Cook on one side until browned, 4 to 5 minutes, then add the bananas. Cook for another 2 minutes and add the Fustini's Pineapple Mango Habanero Jam and flame with the brandy if desired.

To serve, place a pineapple slice and banana on a service plate, top with a fish fillet and spoon some sauce over the top.