

Inside My KITCHEN

SHERYL CROW

The rock star and clothing designer shows *Us* around her family's "hangout spot"

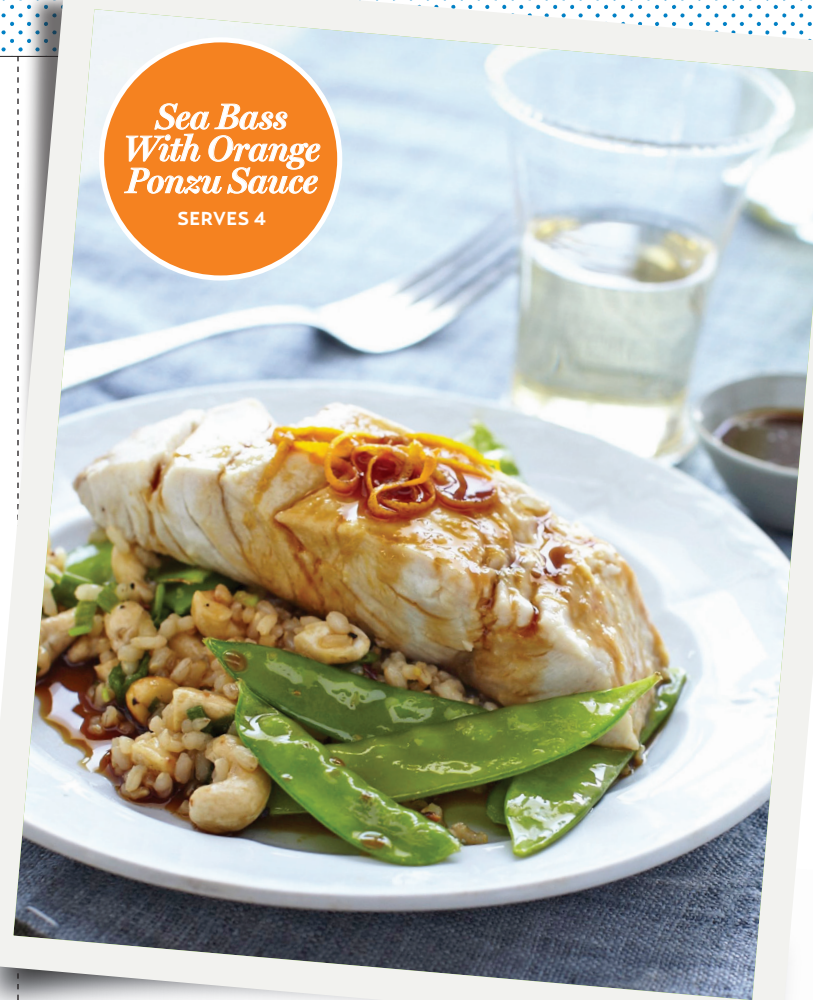
1 Eat

A Healthy Rhythm

1. Sheryl Crow's Nashville kitchen doubles as a classroom. "I'm trying to subliminally educate my kids with music," says the mom of boys Levi, 7, and Wyatt, 10, who turns on country and oldies while cooking. Another lesson the Americana-sign enthusiast instills: how to choose smart snacks (think sunflower seeds over Gummi candy). 2. A quartz countertop and subway-tile backsplash add to the area's "very clean" feel. 3. The singer-songwriter, whose ninth album, *Be Myself*, is out April 21, collects clay yellowware pottery. 4. Crow, whose namesake line of casual, lyric-inspired womenswear is available on HSN, composts on her back porch.

Photographs by Russ Harrington

MAKEUP: MEG DOES; PROP STYLING: JOY PATTERSON; VICTORIA PEARSON (SEA BASS PHOTO)



Sea Bass With Orange Ponzu Sauce
SERVES 4

→ "We eat a lot of fish at my house," says the cancer survivor, who touts the benefits of foods high in anti-inflammatory omega acids. Rice or noodles and green veggies complete the meal.

- 1/2 cup white miso paste
- 2 tbsp rice vinegar
- 4 6- to 7-oz center-cut sea bass fillets
- 1 cup soy sauce
- 2/3 cup freshly squeezed orange juice
- 1/3 cup freshly squeezed lime juice
- 3 tbsp rice vinegar
- 2 tbsp raw or light brown sugar

- 1 In a bowl, whisk together the miso paste, 1/3 cup water and the rice vinegar.
- 2 Place the sea bass in a large zipped bag and pour the miso marinade over it. Move the fish around in the bag to ensure it's well coated. Extract the air from the bag, zip it closed and refrigerate for at least 3 hours (up to 5 hours). Turn the bag every hour or so to make sure the fish is evenly coated.
- 3 Preheat the oven to 425 degrees. Line a

- baking sheet with foil and lightly oil the foil.
- 4 Meanwhile, in a medium bowl, whisk the soy sauce, orange and lime juices, vinegar and sugar; set aside.
- 5 Lift the sea bass from the marinade and let most of the marinade drip back into the bag. Lay the fish on the baking sheet and roast for 12 to 15 minutes, until the bass is cooked through.
- 6 Place fish on rice, and drizzle with the orange ponzu sauce.



- 1. The family's backyard patio is prime bird-watching territory. "The kids know every type we see around here," she enthuses.
- 2. An Opal ice maker cranks out nuggets "just like Sonic."
- 3. Crow proudly displays her boys' artwork in frames: "I have a whole little gallery."



→ Watch Crow whip up salmon croquettes at USMAGAZINE.COM/SHERYL