

Five Star Striper



Ingredients:

2 lbs Striper Filets (cut into 4 each 6-8oz. pieces)
1 large head Broccoli (cut into 1.5oz spears)
3 ea Roma tomatoes (seeded and diced ¼ inch)
8 ea Med. Redskin Potatoes (sliced into ¼" coins)
8 slices bacon (cut crosswise ¼ inch slices)
1 White Onion (julienne)
½ Cup Capers (drained)
1 ½ Sticks Butter (cut into ¼" chunks)
½ Cup Canola Oil (or peanut oil)
1 ½ Cups White Wine (dry)
1 Lemon (juiced)
1 Tbs Dill (Dry)
½ Cup Flour
Kosher Salt (to taste)
Fresh Ground Black Pepper (to taste)
Fresh Parsley garnish

Procedures: (Don't worry its only 4 steps)

Pre Heat oven to 225F

1. In a medium sized skillet (10") over high heat sauté the bacon until almost crisp, add the julienne onions and start cooking in the same skillet as the bacon. Wait until the onions are just getting soft and add the potato slices. Season the potato, onion and bacon mixture with the kosher salt and pepper to taste. Toss to evenly distribute seasonings. Immediately reduce heat to med/low and cover. Let cook at this temp for 15 -20min (toss every 5 min.) Turn off heat when done.
2. While your waiting for the potatoes, fill an (8-10qt.) stockpot with 4qts. water and 2 Tbs. kosher salt. Place over high heat, cover, and bring to a rapid boil. While the water is boiling, place a large non-stick skillet (10-12") on the stove under high heat. When the skillet is warm to hot add the canola oil. Then place the fish filets on a clean **dry** plate and season both sides of the fish with Salt and Pepper and sprinkle all of the flour over the top of the filets. Coat both sides of the fish with a little flour and shake off excess. Place filets into the skillet with the hot oil (375-400 F). Pan-sear both sides of all the fish filets (2 minutes per side) and transfer to a cookie sheet. When all the fish filets are seared, place the cookie sheet into the oven at 225F.
3. Now that your water is surely boiling, place the broccoli spears into the boiling salted water. Cover, reduce heat slightly and set a timer for 8 min. Wipe out the non-stick skillet you just cooked the fish in and get ready to make the sauce (you have 8 min. to do this). Place the skillet back on the stove at high heat. Add the wine and lemon juice with a pinch of salt and pepper. Reduce this mixture until volume is decreased by half. Add tomatoes, capers and Dill. Lower the heat to medium and add the butter chunks four at a time while whisking constantly (or you will break the sauce). When only a few chunks of butter remain, remove from heat completely and whisk in the remaining chunks. The sauce consistency should be slightly thick and glossy. Transfer to a room temp bowl to stop cooking process. When timer goes off for the broccoli, drain immediately, and leave in pot covered. You are now ready for assembly
4. Place 4 dinner plates in the oven for a couple minutes to take the chill off. When plates are warm, test potatoes with a knife to see if they done (they better be) Place an overlapping circular ring of potatoes in the center of each plate; put the bacon and onions in the center of the ring. Place the broccoli (careful cause it gonna be hot) in a square design on top of the potatoes (like Lincoln Logs) with a 2 inch open square in the center. Remove the fish from the oven and (with a spatula) place 1 piece of fish in the center of the broccoli where the open square is(not in it...on it, the broccoli will hold it up). Spoon 2-3 ounces of the sauce over the top of the fish purposely dribbling onto the broccoli. Place parsley sprigs on top and serve.

** This recipe moves very fast and if you plan it out right and you follow the steps carefully and efficiently your timing will be perfect and you will be serving exactly 1 hour from starting this recipe. Provided you don't burn anything. ☺

*** There is much emphasis on holding things at a low temp where the product will be fully cooked just by sitting there while you prepare other things. Use common sense when doing this as every kitchen is different and every taste is different. If you don't like soft veggies... don't cook them as long before cutting off the heat etc....

Chef James Pecherski