

## The Main Course - Surf 'n Turf

"Recently this has become my favorite recipe. I love it because it has both the surf and turf elements that will work great for your dinner. It also features one of my new favorite ingredients, bottarga, which is the roe sack of a grey mullet that has been salt cured and dried. It's like the bacon of the sea. Of course I pair it with some amazing Nueske's applewood smoke bacon and Catch 35 signature fish, Chilean Sea bass."

— Chef Eddie Sweeney, Catch 35



### CRISPY CHILEAN SEA BASS WITH SWEET PEA RISOTTO, BACON VINAIGRETTE AND BOTTARGA

#### Bacon Vinaigrette and Croutons Ingredients:

- 2 slices thick cut applewood smoked bacon (cut into small strips)
- 3 tablespoons grape seed oil
- 1 tablespoons shallots (finely minced)
- 1/2 cup champagne vinegar
- 1/4 cup sherry vinegar
- Juice from one lemon
- 1/2 tablespoon lemon zest
- 1 tablespoon Dijon mustard
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon Kosher salt
- 1/2 tablespoon honey
- 1 cup extra virgin olive oil
- 2 tablespoon Italian flat leaf parsley (chopped)
- 5 scallions (green onions) finely chopped
- 1 1/2 cups multigrain bread diced 1/4 inch thick

#### Preparation:

In a small saucepan, cook bacon and grape seed oil on low heat until bacon is semi-crispy. Drizzle bacon fat and oil over the diced multigrain bread and bake in a 350 degree oven for seven to eight minutes (reserve for plating).

Meanwhile, add the shallots and both vinegars to the bacon left in the pan and reduce by one quarter. Put into a bowl. Whisk in lemon juice, zest, mustard, black pepper, salt, and honey. Slowly drizzle the olive oil in, while whisking, until all oil is incorporated into the vinaigrette. Finish by whisking in parsley and scallions. This can be held at room temperature for up to one hour before serving.

#### Risotto Ingredients:

- 5 cups of peas
- 8 cups water
- 1/4 cup Kosher salt
- 29 ounces chicken stock

- 2 tablespoons extra virgin olive oil
- 1/2 cup white onion
- Pinch of Kosher salt
- 2 cloves garlic (smashed with side of knife)
- 1 1/2 cups Arborio rice
- 5 ounces white wine
- 1/4 cup heavy cream
- 1/2 cup Parmesan cheese

#### Preparation:

Bring water and Kosher salt to boil in a sauce pan. Add peas to the water and blanch for 1 1/2 minutes. Drain the water, reserving 3/4 cup of the cooking liquid. Cool peas under cold running water. Puree half of the cooled peas in a food processor and strain the puree. Mix the puree and whole peas together and reserve to finish the risotto.

In the same pot, bring the chicken stock to a slow simmer.

Meanwhile, in a large saucepan, heat the onions and oil until they are translucent. Add the rice and cook for one minute to slightly toast the rice. Add the garlic, cook for 30 seconds. Add the wine and cook until rice absorbs it, constantly stirring. Add the chicken stock, ladle by ladle, again constantly stirring until incorporated into the rice. When all of the stock is incorporated, add the heavy cream and reserved peas with puree mixture. Once mixed, fold in the cheese and it is ready to eat. The rice should have a slight toothy feel, but rich and creamy at the same time.

#### Fish and plating Ingredients:

- 4 filets of Chilean Sea bass (7 ounces each)
- Salt and pepper (to taste)
- 2 cups all purpose flour
- 1 egg
- 1/2 cup water
- 1 1/2 cups Panko ( Japanese bread crumbs)

- 4 tablespoons grape seed oil
- 4 super fresh egg yolks
- 3 cups baby arugula
- 1/2 cup red onions (shaved very thin)
- Croutons from earlier recipe
- Salt and pepper
- 1 ounce bottarga (preserved mullet roe)

#### Preparation:

Preheat oven to 400 degrees. Heat a sauté pan on medium high heat. Season the sea bass with salt and pepper on both sides. Dip the filets into the flour only on one side. Dip them in egg on the same side. Then, dip filets in the Panko on that same side. Reserve filets on a sheet tray or plate. Add the oil to the hot pan. Fry the filets, two at a time, Panko side down first for a minute or two until golden brown. Flip them over and give them another minute on the other side. Transfer filets to a sheet tray. Repeat with remaining filets. Place the sheet tray in the oven until they are cooked - when they can flake easily, or when the internal temperature reaches 130 degrees, about three to five minutes depending upon the thickness of the filet.

#### Plating:

Spoon risotto on each plate in a long oval shape. On one side, place the sea bass. On the other side, make an indentation for an egg yolk and place the raw egg yolk. Put a small pinch of Kosher salt on the yolk. In a small bowl, toss together arugula, red onions, and croutons. Dress the salad with a little vinaigrette and a pinch of salt and pepper. Place some salad over the egg yolk and fish. Drizzle a little more vinaigrette around the plate. Finally, grate a small amount of the bottarga over your dishes. Enjoy with three of your friends.