

Pescado Relleno with a jalapeno and shallot beurre blanc from Mondo's American Bistro

Serves: 4

Preparation: 45 minutes

Ingredients:

4 Poblano peppers (Anaheim will also work)
4 8-oz. portions of Mahi (or any firm white fish)
12 oz. shredded mozzarella cheese
12 shrimp

For the beurre blanc:

2 shallots, chopped
2 jalapenos, chopped
2 oz. white wine
1 oz. sherry vinegar
1 bay leaf
2 peppercorns
4 oz. heavy cream
1/4 pound butter

Preparation:

Preheat the oven to 400 degrees. Wash the poblano peppers before roasting. Leave the stems on and place the peppers on a sheet pan. Roast in the oven for 30 minutes. At the same time, place 2 whole shallots and 2 jalapeno peppers in a separate pan with 2 tablespoons of olive oil and roast for 30 minutes.

When the skin on the peppers has achieved a nice bubble effect all around, they are done cooking. Remove the peppers from the oven and place in a bowl. Cover the bowl with plastic wrap and let sit until peppers have cooled to room temperature. Once cool, remove the skin from the peppers. Using a knife, make a slit starting just below the stem and stop before the end of the pepper. Open the pepper and remove the seeds, then stuff each pepper with 3 oz. of cheese and 3 shrimp. Set aside until you are ready to broil.

In a small pan, add all ingredients from the beurre blanc except the cream and butter. Reduce the mixture by half over medium-high heat. Add the cream and reduce by half again, then whisk the butter in the mixture slowly until incorporated. Strain and set aside.

Grill the mahi and at the same time, place the stuffed peppers in the broiler. Broil the pepper until the shrimp are done and the cheese is light golden brown. The peppers will take 5-8 minutes. The mahi will take 8-10 minutes.

To serve, place the stuffed pepper on top of the fish. Drizzle the beurre blanc over the top and serve with your choice of side dish.