

Pan seared Branzini – Sundy House

Serves: 4

Preparation: 1 1/2 hours

Ingredients:

4 portions of 6 oz. Branzini filets – skin on
2 Tablespoons canola oil
6 small fingerling potatoes roasted in a 350-degree oven for 30 minutes
1 Tablespoon unsalted butter
salt & pepper to taste

Sweet corn puree:

6 ears raw fresh corn, grated on a cheese grater and blended

Grape tomato salad:

3 cups grape tomatoes cut in half
2 cloves garlic, sliced
3 small radish, sliced
1 small shallot, sliced
1 small bulb fennel, sliced
1 Tablespoon fresh basil, torn
1 Tablespoon fresh Italian parsley, torn
1 Tablespoon fresh chervil, torn
1 Tablespoon extra virgin olive oil
1 Teaspoon sherry vinegar
1/2 lemon, squeezed for juice

Olive Tapenade:

1 cup kalamata olives
1 clove garlic, sliced
1 anchovy (optional)
1/2 Tablespoon Italian parsley

Preparation:

In a non-stick pan, pan sear the branzini in oil until the skin is crispy and the flesh is white 80% up the sides of the filet. Drain the oil and add the pre-roasted fingerling potatoes. Add the butter and place in a 350-degree oven for 7 minutes.

While the fish is cooking, blend the grated corn and pass through cheesecloth. Cook the strained corn juice in a small pot until naturally thickened, about 3 minutes. Once thick, set aside.

Next, toss all of the ingredients for the grape tomato salad. Season with salt and pepper.

For plating, spoon a small amount of the corn puree on the bottom of the plate and top with warmed fingerling potatoes. Set tomato salad on top of the potatoes and the fish atop the salad. Finish with the olive tapenade and micro greens.