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FAST FOODIES



LEMON & HERB STEAMED CHILEAN SEABASS BRIOCHE SAUCE, CRISPY FILO, DILL, TEMPURA PARSLEY CHEF KRISTEN KISH

STEAMED BLACK COD

3-4 oz portions of Chilean seabass
1 cup caper brine mixed with ½ cup cold water
kosher salt to taste

Place fish in a shallow pan to allow the brine to completely submerge the fish. brine for 30 min refrigerated. Drain and pat dry, set aside for cooking. Season with salt and steam with aromatic water (lemon and parsley stems) until tender, about 6-7 minutes depending on size and thickness of fish.

BRIOCHE SAUCE

5 oz heavily dry toasted brioche bread
1 quart of heavy cream
1-2 quarts roasted chicken stock or water (or as needed)
salt and pepper to taste
lemon juice to taste

Place cream and 1 quart of stock into a large sauce pot, bring to a boil, lower heat to very low. Add bread and a few turns of fresh ground pepper. Allow to steep over very low heat for 20 minutes or until bread has completely permeated the liquid with flavor. Add more stock/water if the bread has soaked up all the liquid. This will depend on your bread and how long you steep it for. Strain through chinois, pressing the bread with the back of a ladle through the strainer to release all the liquid. Thin out as necessary and season with salt and lemon juice to taste.

FILO DILL CRISP

5 sheets filo dough
a few sprigs of dill - leaves removed
melted clarified butter
salt & pepper to taste

Layer/brush one sheet of filo with butter, dill leaves, salt, and pepper. Repeat until you have 5 layers of filo. Cut into rounds using round cookie cutter. Bake at 350 under a weighted and lined sheet trays until golden brown, about 20 minutes.

TEMPURA PARSLEY

5-6 plumes of parsley with thin stem still intact
1 cup rice flour
½ cup all purpose flour
cold soda water as needed
handful of ice cubes

Whisk the flours together, add soda water until mixture resembles a thin cream consistency. Add ice. dip parsley plumes in batter, allowing excess to drain off. Immediately deep fry in 350-375 degree oil. Fry until crispy. Season with salt immediately, draining on a grill rack or paper towel.

BROWN BUTTER CAPERS

¼ cup capers removed from brine pat dry
½ cup brown butter
3 T fresh lemon juice
salt and pepper to taste

GARNISH

finely sliced chives
dollop of crème fraiche
sea salt to taste