Lemon Steamed Summer Flounder with a Brussel Sprout and Apple Slaw, Sweet Potato Puree, Blistered Tomato and Aji Amarillo Sauce

Note: the portions in this recipe are for the seafood cook-off. You may divide ingredients by 4 to prepare this recipe for 4 people
Recipes: Yield 120 portions

Steaming Liquid: Yield 1 Gallon

**Ingredients:**
- Water, 3 quarts
- Fresh Lemon juice 2 cups
- White Wine: 2 Cups
- Fennel Bulbs Split: 6 Each

**Method of Preparation:**
1. Combine liquid ingredients
2. Pour over fennel bulbs and reserve for steaming fish

Sweet Potato Puree:

**Ingredients:**
- Sweet Potatoes 20 each
- 3.5 oz olive oil
- Butter: 20 oz cut into small chunks (approximately 1-2 oz each)
- Heavy Cream: 1 quart plus 1 cup
- Salt & Pepper: To taste

**Method of Preparation**
1. Brush sweet potatoes with oil and season with salt & Pepper.
   Wrap each sweet potato in foil & roast in 370F oven until fork tender
   approximately 75-90 minutes depending upon size of sweet potatoes
2. Remove from oven and let sweet potatoes cool to room temperature while still
   wrapped in foil (approximately 45 minutes)
3. Remove potatoes from foil and remove peels from potatoes
4. Place potatoes in mixer with paddle attachment then add cream, butter and blend
   and salt & pepper to taste
5. Hold in warmer until service

Aji Amarillo Sauce:

**Ingredients:**
- Aji Amarillo - 8oz
- Garlic: 12 cloves (peeled and minced)
- Sour Cream: 48oz
- Mayonnaise: 32oz

**Method of Preparation**
1. Combine all ingredients in a large bowl and whisk until combined
**Brussel Sprout Slaw:**

**Ingredients:**
- Brussel Sprout: 5lbs
- Granny Smith Apple: 4lbs
- Red Onion: 3 lbs

**Method of Preparation**
1. On a mandolin, use the allumette setting to shave brussel sprouts, apples, and red onion
2. Add in vinaigrette to taste just before plating

***Vinaigrette for slaw***

**Ingredients:**
- White Wine Vinegar: 16 oz
- Olive Oil: 32 oz
- Dijon Mustard: 4oz
- Salt/Pepper: To taste

**Method of Preparation**
1. Whisk together vinegar, mustard and salt and pepper
2. Slowly whisk in oil until everything is emulsified together

**Blistered Tomatoes**

**Ingredients:**
- Cherry Tomatoes: 120 each
- Oil: Sufficient to coat the pan
- Salt/Pepper: To taste

**Method of Preparation:**
1. Heat a large non stick pan
2. Lightly coat with oil
3. Add in tomatoes
4. Once the skin on the tomatoes split, season to taste with salt and pepper

**Herb Garnish**

**Ingredients:**
Tarragon, Mint and fennel fronds
1. Finely chop all herbs and combine
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Yield 120 Portions

**Ingredients**
- Summer flounder: 120, 2 oz portions
- Lemon Zest: 10 oz
- Steaming Liquid: 1 Gallon
- Sweet Potato Puree: 120 oz
- Brussel Sprout and Apple Slaw: 120 oz
- Aji Amarillo Sauce: 60 oz
- Blistered Tomatoes: 120 each
- Pomegranate Seeds: 20 oz
- Herb Garnish: 1 pound

**Method of Preparation:**
1. Coat flounder with ½ tsp lemon zest
2. Steam Flounder for 7 minutes over steaming liquid then remove from oven
3. Smear 2 tablespoons of sweet potato puree onto the plate
4. Place steamed flounder on top of the sweet potato puree
5. Take 1 oz of slaw and place on top of the fish
6. In a squeeze bottle take 1 turn of aji amarillo around puree and fish
   (Approximately ½ oz)
7. Add 1 blistered tomato on each plate
8. Garnish with fresh herbs and pomegranate seeds