

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
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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 $\frac{1}{2}$ 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 $\frac{1}{2}$ oz)
7. Add 1 blistered tomato on each plate
8. Garnish with fresh herbs and pomegranate seeds