

AMERICAN RIVERS
TOUR
2017



SALT ROASTED BLACK SEA BASS

Serves 3-4

3 -4 lb whole fish, scaled, gutted and rinsed*
2-3 cups Kosher salt

For the stuffing:

2 carrots, peeled and roughly chopped
2 stalks celery, roughly chopped
1 small onion, chopped
4 garlic cloves, chopped
1/2 tsp salt
1/2 tsp crushed red pepper
3 tablespoons cilantro, chopped
3 T salted butter

For the stuffing: combine chopped onions, celery, carrots and garlic. In a cast iron skillet, heat butter with vegetables until simmering and soft. Remove from heat and stir in cilantro, salt and crushed pepper.

To stuff the fish: open the cleaned cavity of the fish and press the filling inside. Carefully set the stuffed fish cut side down in an 11-inch cast iron pan. The fish should still be wet from rinsing, now pour the salt over the top and, using your hands, pack the fish in salt.

Place in covered skillet over coals, supported by a few larger logs and cook untouched for 40-45 minutes.

Carefully removed the fish from the skillet using two spatulas and transfer to a large platter. Using a thin spatula or flat wide knife, crack away the salt crust and discard. Then remove the flesh from the bones, leaving the remaining skin in place,

Serve over Sofrito Bean Salad and top with Lemon Beurre Blanc.

LEMON BEURRE BLANC

(makes 1 cup)

2 T fresh lemon juice
1/4 cup dry white wine
1 cup (2 sticks) very cold butter, cut into 16 pieces
optional minced herbs

In a small saucepan over boiling water, combine lemon juice & wine and slowly add 16 pieces of butter one at a time, stirring with whisk until each is dissolved. Place on low flame and continue to add remaining butter pieces, stirring with whisk until thickened. Mix in optional minced herbs.

SOFRITO GREEN BEAN SALAD

3 cups flat beans, ends clipped and cut in half

Drop beans in boiling, salted water for one minute. Quickly remove and shock in ice water bath. Drain and dry beans on kitchen towel. Toss dry beans well with Sofrito.

For Sofrito:

1 cup diced red and green pepper
1 jalepeno, finely diced
1/4 cup red onion, finely diced
2 cloves of garlic, minced
2 T cilantro, finely chopped
1/2 tsp sea salt

To make Sofrito: mix peppers, onion, garlic, cilantro and salt. Toss with olive oil. Sofrito can be made ahead and stored in refrigerator.