

Scott Duarte's Paupiettes of Arctic Char Country Matignon

Ingredients:

2 ea. 4-6 oz. fillets of Arctic Char, pin boned, skin off & split lengthwise
¼ C country ham, diced
1 Tbs fresh leek, diced
1 tsp fresh ramps in season, sliced
1 tsp carrot, finely diced
1 tsp celery, finely diced
½ tsp fresh tarragon, minced
½ C white wine
½ C fish stock
1 C heavy cream
1 Tbs whole butter
1 lemon, zest & juice
1 Tbs corn oil

Directions:

Paupiettes: Lay the fillets bone side down on a flat surface. Season skin side with salt & pepper. Roll the fillets skin side in from tail to head. Once roll is formed, use toothpick in to hold.

In a medium sauce pan over moderate heat, add corn oil & follow with country ham. Cook until golden brown. Add celery, carrot, leek & ramps & gently sauté. Add the wine & fish stock. Bring to a simmer. Add the paupiettes & cover. Allow to cook for approx. 4 minutes. Fish will become white in color when cooked. Pull fish from pan and put to side. While pan is hot, add the heavy cream. Bring back to a simmer & reduce by half. Pull the pan from heat and gently whisk in the butter. Finish with fresh minced tarragon & dash of fresh lemon juice. Spoon over paupiettes.

Fillets of Arctic Char

Ingredients:

4 ea. 4-6 oz Arctic Char fillets, pin bones removed, skin on, split lengthwise
1 C all purpose flour
¼ tsp paprika
¼ tsp salt
1/8 tsp black pepper
1/8 tsp granulated garlic
1 Tbs corn oil

Directions:

Heat the corn oil in a medium sauté pan. Dust the fillets in the seasoned flour & place in pan, bone side down. Cook until golden brown – approx. 3 minutes per side. Pull & reserve until ready to serve. Serves 4.

Black Eyed Pea Salad, Ancho Lime Vinaigrette

Ingredients:

2 C black-eyed peas, cooked
¾ C bell peppers, diced small
¼ C red onion, diced small
½ C Andouille sausage, diced small, cooked & browned
1/8 tsp garlic, chopped
1 lime, zested & juiced – keep separate
¼ C rice wine vinegar
2/3 C olive oil
¼ Tbs ancho chile powder
1/8 tsp ground cumin
salt & pepper to taste

Directions:

Combine all ingredients in a mixing bowl, and gently mix until thoroughly incorporated. Allow to sit for approx. 1 hour to blend flavors.

Braised Collard & Mustard Greens

Ingredients:

¼ C smoked bacon, diced
¼ C yellow onion, diced small
2 C collard greens, cleaned & blanched
1 C mustard greens, cleaned & blanched
1 C chicken stock
¼ C cider vinegar
1 tsp Tabasco

Directions:

In a medium sauce pan over moderate heat, cook bacon until golden brown. Add the diced onion & cook until translucent. Add chicken stock, then blanched greens. Cook for 15 minutes. Add vinegar & adjust seasoning with salt & pepper. Pull from heat & hold until ready to serve.