

Chilean seabass w/ coconut cauliflower puree, chanterelle mushrooms, peas and silky veloute



Yields 2

Method: sautéed/boiling

Ingredients:

Chicken Veloute:

Chicken stock	1 cup
Flour	¼ cup
Unsalted Butter	¼ cup
Cognac	3 oz
Dijon mustard	1 tbsp
Mikes Hot honey	1 tsp

Coconut Cauliflower Puree:

Coconut milk	½ cup
Heavy Cream	½ cup
Cauliflower	6 oz
Potato	1
Sage	1 Sprig
Unsalted Butter	1 oz

Chilean Seabass:

C. Seabass	7 oz
Salt	¼ tsp
White Pepper	⅛ tsp
Dill	1 sprig

Chantrelle Mushrooms:

Clarified butter	1 tbsp
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Peas:

Peas	½ cup
Korean BBQ Seasoning	1 tbsp
Lemon Juice	1 tsp
Chicken stock	2 oz
Knob of butter	

Pre-preparation:

1. Wash hands/use gloves while handling food and after any interruptions while working.
2. Measure ingredients using clean utensils into small cups/bowls.
3. Record dry ingredients with measuring cups, wet with a liquid measuring cup.
4. Cover ingredients with lids.

Preparation:

Chicken Veloute:

1. In a small sauté pan, melt butter over medium-low heat.
2. Add flour, stirring continuously for 2 minutes until fully incorporated and slightly nutty.
CCP: Transfer roux to a 2-inch $\frac{1}{4}$ hotel pan, cover, and refrigerate.
3. In a small saucepan, add Cognac and reduce by 80% over medium heat.
4. Add chicken stock and reduce by 25%.
5. Whisk in Dijon mustard and Mike's Hot Honey, simmering for 5 minutes.
6. Cut cold roux into cubes and slowly mount into the velouté, whisking until desired thickness is reached.
CCP: Hold velouté in a warmer at 160°F until service.

Cauliflower Puree:

1. Cut cauliflower and potatoes into 1-inch pieces.
2. In a saucepan, boil potatoes until tender. Pass through a fine sieve to remove clumps.
3. In a separate pot, combine coconut milk, heavy cream, sage, and cauliflower. Bring to a boil, then simmer until tender.
4. Blend the cauliflower mixture until smooth.
5. In a medium bowl, combine the puréed cauliflower with the potatoes, folding with a spatula until fully incorporated. Season with salt and pepper to taste.
CCP: Place purée in a 4-inch $\frac{1}{4}$ hotel pan and hold at 170°F until service.

Chilean Seabass:

1. Bring sea bass to room temperature before searing.
2. Pat skin dry with paper towels. Season with salt and white pepper.
3. Heat a sauté pan over medium-high heat; add oil and clarified butter.
4. CCP: Place fish skin side down and sear for 3 minutes. Flip, add dill, and baste with pan fat. Sauté an additional 2 minutes or until internal temperature reaches 145°F. Transfer to a small sheet pan and rest for 5 minutes.

Chantrelle Mushrooms:

1. Trim stems to remove dirt; do not rinse.
2. Heat clarified butter in a sauté pan over medium heat.
3. Add mushrooms and sauté for 2 minutes until tender.
CCP: Remove from heat and place in a holding container at 135°F until service.

Peas:

1. Rinse peas under cold water, then pat dry.
2. Heat a sauté pan over medium heat; add clarified butter and peas.
3. Sauté for 1 minute, then add lemon juice, Korean BBQ seasoning, and chicken stock. Simmer for 4 minutes.
4. Turn off heat and mount with butter, tossing to evenly coat.
CCP: Hold peas in a 2-inch $\frac{1}{4}$ hotel pan until service.