

Lily's Seafood

Show # 21

Wild Striped Bass, Brabant Potatoes,
Garlic and Butter Asparagus and
Chipotle Remoulade

Sauteed Lake Perch with Red Wine
Spaghetti & Rapini in Roasted Bell
Pepper Sauce

Wild Striped Bass, Brabant potatoes, Garlic & Butter Asparagus and Chipotle Remoulade

- 2 Whole Striped Bass
- 1 ½ # Asparagus
- 2 T Minced Garlic
- 4 T Whole Butter (Salted)
- 1 # Baking Potatoes, Peeled and cut into ½ inch cubes (About 2 medium potatoes)
- ½ C Extra Virgin Olive Oil
- ¼ C Chopped Green Onions
- 2 T Chopped Parsley
- 1 C Mayonnaise
- 1 Pickle Spear (De-seeded & diced)
- 1 Egg (Hard Boiled & Diced)
- 1 t Dry Tarragon
- 4 t Worcestershire
- 1 T Minced Shallot
- 1 T Capers (Chopped)
- Salt & Pepper

Chipotle Remoulade (Prepare Ahead of Time)

- ✓ Combine mayonnaise, pickle, hard-boiled egg, tarragon, 1 t Worcestershire, chipotle peppers, shallots and capers in a bowl, add salt and pepper to taste and refrigerate

For the Asparagus

- ✓ Bring 4 Quarts of salted water to a full boil, blanch Asparagus for 2 min, remove & shock in ice water, drain well & set aside
- ✓ When ready to serve, sauté asparagus, 1 T garlic and 2 T whole butter to re-heat

Brabant Potatoes

- ✓ In a large saucepan add potatoes and cover with salted water. Bring to boil and heat 4-5 minutes. Drain and cool slightly
- ✓ Heat 2 T extra virgin olive oil in a nonstick skillet over med-high heat, add potatoes, salt & pepper to taste and cook, shaking pan back and forth, for 10-12 minutes (or until golden brown)
- ✓ Add, green onions, parsley, 3 t Worcestershire and 1 T garlic and cook (about 1 minute)
- ✓ Add 2 T butter and continue shaking the pan until it is melted. Serve Immediately

For the Striped Bass

- ✓ Heat remaining olive oil in another sauté pan over med-high heat
- ✓ Sauté striped bass, skin side down first, for 4-5 minutes per side (Salt & Pepper to taste)

The Chipotle Remoulade prepared earlier will be a nice compliment to the Striped Bass

Sautéed Lake Perch with Red Wine Spaghetti & Rapini in Roasted Bell Pepper Sauce

- 1 # Dry Spaghetti
- 1 ½ # Rapini or Broccoli Raab
- 1 Btl. Red Zinfandel
- 2 C All Purpose Flour
- 1/2 C Extra Virgin Olive Oil
- 2 T Sliced Garlic (About 4 Cloves)
- 1 t Crushed Red Pepper
- 3 Red Bell Peppers (Roasted)
- 2 T Fresh Chopped Basil
- 2 T Heavy Cream
- 1 C Asiago, Parmesan & Romano Shredded Blend
- Salt, White Pepper & Sugar

Roasted Red Bell Pepper Sauce (Prepare Ahead of Time)

- ✓ Roast the red bell peppers under the broiler at least 4 to 5 inches below the heating coils, turn as needed (once the peppers begin to char slightly)
- ✓ Once fully roasted place them in a bowl and cover with plastic wrap for 15 minutes
- ✓ Remove the skin, stem & seeds from the peppers and process in blender until smooth
- ✓ Add chopped basil and cream, pulse to mix
- ✓ Season with salt and white pepper to taste

Rapini & Spaghetti

- ✓ Bring 4 Quarts of salted water to a full boil, blanch Rapini for 2 min, remove & shock in ice water, drain well & set aside
- ✓ In same pot boil spaghetti for 4-5 minutes and strain
- ✓ With spaghetti in the same pot, reduce heat to medium-low, add red wine to cover, a pinch of sugar and cook until wine is gone and remove from heat

For The Perch

- ✓ Heat olive oil in a large sauté pan (oil should cover the bottom) over med-high heat
- ✓ Dredge in flour
- ✓ sauté 4-5 min per side

While Perch is Cooking

- ✓ Heat 1 T olive oil in another sauté pan over med heat
- ✓ Sauté rapini, garlic and crushed red pepper to re-heat
- ✓ Add cooked spaghetti and roasted red bell pepper cream (prepared ahead of time) and simmer for 2-4 minutes
- ✓ Garnish with shredded cheese and serve with perch filets