

Grouper Roulade with roasted Baby Vegetables, Golden Yukon Potatoes and Lemon Beurre Blanc

About six portions

For the stuffing

1 # gulf shrimp
1 tsp. chopped thyme
2 T olive oil
1 stick unsalted butter
2 cups panko (Japanese bread crumbs)
Juice of ½ lemons
1 T chopped Italian flat leaf parsley
Fine dice of the following vegetables (1/8 inch)
2 T carrots
1 T celery
3 T onions
½ T shallots
1 clove garlic
½ T Kosher salt

In a sauté pan over medium heat cook shrimp with 1 T oil and ¼ stick of unsalted butter until ½ way done and then toss in garlic and shallot until shrimp are cooked. Allow to cool and put in food processor or chop by hand to a coarse consistency. Next, add rest of butter and oil to sauté pan over medium heat and add carrots, celery, onions, thyme and salt. Cook vegetables until they soften in texture. About 6 to 8 minutes. Allow to cool enough to handle. In a separate bowl combine shrimp, vegetables, panko, parsley and lemon juice. Mix thoroughly. You want the stuffing to hold together after you lightly squeeze in the palm of your hand. If it does not hold together well addition butter will need to be added. You may also want to adjust the seasoning at this point as well.

For the roulade

Layer two pieces of plastic wrap on top of one another. Position grouper sheet at lower end of plastic wrap as to leave room to roll up. Spread stuff in about a ¼ inch layer over the sheet of grouper. Grab lower end of plastic wrap and lift up until the first inch or two of grouper folds over and then proceed to roll the grouper until and log is formed and then allow the plastic wrap to overlap holding on to the ends allowing the rolling motion to twist the ends until and tight log is formed. Ideally place in refrigerator overnight until thoroughly chilled. After grouper is chilled place on cutting board and slice into 2 inch thick slices.

In a sauté pan over medium/high heat add two to three T oil allow pan and oil to come to temperature before adding grouper. Also, lightly season slices with salt and pepper before placing in pan. Cook on both sides for about four minutes each and place in 350 degree oven until fully cooked. About five more minutes.

(Continued)

For the Buerre Blanc

1 cup white wine
¼ cup rice wine vinegar
2 T chopped shallot
4 sprigs of thyme
1 tsp. whole black pepper corn
1 clove garlic peeled

1 T heavy cream

¼ # unsalted butter softened

Juice of one lemon

½ T kosher salt

Combine first six ingredients in small sauce pan and reduce to syrupy glaze. Stir in cream and reduce volume by ½. Over low heat, add butter and whisk until just melted and still warm. Add lemon juice and salt. Strain through a fine mesh strainer into heat proof container and keep warm until ready to serve. When serving place one to two spoon full on grouper roulade.

For Roasted Vegetables

For about 6 portion

12 baby carrots peeled
6 baby patty pan squash cut in 1/2
6 baby Zucchini cut in ½ lengthwise
6 ounces Haricot Vert

Medium sauce pan of salted boiling water

Medium bowl filled with ice water

½ stick of butter
1 T chopped thyme
½ tsp. black pepper
1 tsp. kosher salt
1 T chopped shallot

Individually immerse each vegetable in the boiling water until softened and place in ice water to stop the cooking process and remove once cooled. In a sauté pan over medium heat add butter, shallot, salt, and pepper. Cook until shallot becomes translucent. Then add all the vegetables and thyme and toss in pan until heated. Distribute equal portions of vegetables to each plate.

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For Yukon Gold Potatoes

For about 6 portions

8 medium Yukon gold potatoes cut into sixths (wedge)

1 T kosher salt

1 tsp. black pepper

4 T olive oil

Toss all ingredients together. Spread potatoes evenly on baking sheet and roast for approximately 45 minutes or until golden brown at 350 degrees.

Allow to cool for five to ten minutes before serving

Now after you have done all that have a seat and have a glass of wine, you've earned it!