



Whole Red Snapper with Rice and Orange Salad

Ingredients:

For the Snapper:

1 whole fresh red snapper, fins and head removed
1 sliced carrot
1 sliced stalk of celery
1 sliced leek
1 tablespoon of olive oil
2 cups of white wine
2 ounces of unsalted butter, plus 1 teaspoon
Kosher salt and fresh cracked pepper to taste

For the Rice:

4 cups of cooked short grain rice
2 cups of sliced domestic and baby portabella mushrooms
2 sliced stalks of celery
2 cloves of minced garlic
1 tablespoon of olive oil
1/2 cup of sliced green onions
1 tablespoon of chopped fresh thyme
Kosher salt and fresh cracked pepper to taste

For the Orange Salad:

Segments from 1 orange
1 thinly sliced baby fennel
1/2 cup of baby arugula
2 tablespoons of chopped pistachios
Kosher salt and fresh cracked pepper to taste

Makes 2-3 servings

Preparation:

Fish:

1. In a large hot sauté pan on high heat with olive oil sauté the fish on one side.
2. While the fish is sautéing add in 1 teaspoon of butter to help brown.
3. After 2 to 3 minutes, add in the carrots, celery and leeks and sauté with the fish for 2 to 3 more minutes.



4. Flip the fish and sauté for 3 to 4 minutes.
5. Deglaze with wine.
6. Add in 2 ounces of butter and season heavily with salt and pepper.
7. Place a piece of parchment paper over the pan and turn the heat down to low and cook for 8 to 10 minutes.
8. Once finished, remove from the pan. The fish will pull right off the bone.

Rice:

1. In a hot sauté pan on high heat with 1 tablespoon of olive oil, add in the mushrooms and caramelize.
2. Once brown add in the celery and garlic and sauté for 3 to 4 minutes.
3. Finish by adding to a bowl along with the cooked rice, green onions, thyme, salt and pepper.

Salad:

Toss all ingredients in a bowl and set aside.

To Plate:

Lay down a bed of rice, then place on the fish and the salad on top.