

Sautéed Rockfish with Beurre Blanc Sauce

Beurre Blanc Sauce

- 1/4 cup dry white wine
- 1/4 cup white-wine vinegar
- 2 tablespoons finely chopped shallot
- 1/3 cup heavy cream
- 1/4 teaspoon salt
- 1/8 teaspoon white pepper, or to taste
- 1 cup unsalted butter, cut into tablespoon-size pieces and chilled (2 sticks)
- 1 tablespoon small capers

For the Fish

- 3 pounds fresh rockfish cut into 1/2 pound portions - see tips
- 6 eggs, beaten
- 1 cup flour for dusting + or -
- 12 ounces Shiitake mushrooms, thinly sliced - optional
- 3 tablespoons olive oil for sauteing - divided



Procedure

Pre-heat oven to 350 degrees F. (only if the fish is 1 inch or more thick)

- 1 If the fish is less than 1 inch thick, finishing in the oven is not necessary.

Prepare the Sauce

- 2 Boil wine, vinegar, and shallot in a 2- to 3-quart heavy saucepan over moderate heat until liquid is syrupy and reduced to 2 to 3 tablespoons, about 5 minutes. Add cream, salt, and white pepper and boil 1 minute. Reduce heat to moderately low and add a few tablespoons butter, whisking constantly. Add remaining butter a few pieces at a time, whisking constantly and adding new pieces before previous ones have completely liquefied (the sauce should maintain consistency of hollandaise), lifting pan from heat occasionally to cool mixture.
- 3 Remove from heat, add capers, and then season to taste with salt and pepper. Keep warm until ready to assemble the dish.

Prepare the Mushrooms

- 4 Remove the stems and thinly slice the mushrooms (into 1/4 inch slices). Sauté in a medium sauté pan with 1/3 of the olive oil over medium heat until just tender. Keep warm until assembling the dish.

Prepare the fish

- 5 Dust each piece of fish in flour and shake off the excess. Lightly beat the eggs and dip each piece of fish into the egg wash until completely covered. Heat 2/3rds of the olive oil in large sauté or frying pan over medium high heat. Sauté the fish on each side until golden brown adding additional olive oil if the

pan becomes too dry. Work in batches to avoid over crowding the pan. When the fish is golden brown on each side, remove from heat and check the center to be certain it is just opaque. If the fish is thick (more than 1 inch), it may be necessary to finish cooking in a pre-heated 350 degree oven for a few minutes. Simply place the frying pan in the oven. Do not over cook! Three to five minutes in the oven should be sufficient!

Assemble the dish

- 6 Arrange the fish on a serving platter. Divide the mushrooms placing equal portions on each serving. Spoon the Beurre Blanc sauce over the fish. Garnish with fresh parsley, if desired, and serve.

Servings: 6
Yield: .

Nutrition Facts

Serving size: 1/6 of a recipe (15.4 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	917.88
Calories From Fat (50%)	455.35
	% Daily Value
Total Fat 51.64g	79%
Saturated Fat 25.95g	130%
Cholesterol 390.34mg	130%
Sodium 363.63mg	15%
Potassium 1926.31mg	55%
Total Carbohydrates 60.74g	20%
Fiber 7.14g	29%
Sugar 13.17g	
Protein 57.12g	114%

Recipe Tips

This dish works equally well with Flounder, Sole, Grouper, or Halibut.
The mushrooms are totally optional!

Source

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