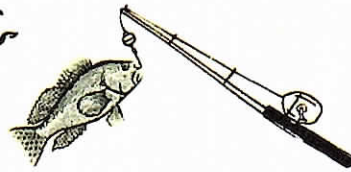




*Recipe*



## MISO CHILEAN SEA BASS

### INGREDIENTS



#### FISH

- 4 each Sea Bass Filets (7 oz. each)
- 2 TBSP. Extra Virgin Olive Oil
- To Taste Salt, Pepper, Granulated Garlic

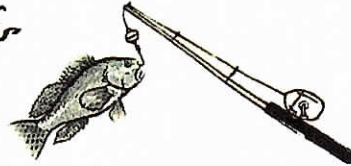
#### MISO SAUCE

- 1 Cup Miso Paste
- 1 each Carrot Pureed
- 2 TBSP. Honey
- 2 TBSP. Brown Sugar
- 1 Tsp. Pickled or Regular Ginger
- 2 TBSP. Rice Wine Vinegar
- 1 TBSP. Cider Vinegar
- 3 TBSP. Soy Sauce
- 1/2 TSP. Fresh Chopped Garlic

FROM THE KITCHEN OF: Chef Richard Crisanti, CEC, CCA, ACE



*Recipe*



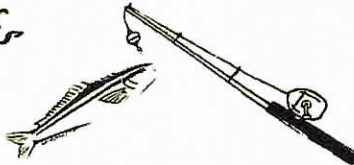
## MISO CHILEAN SEA BASS

### DIRECTIONS



1. Pre-Heat Oven to 400 Degrees.
2. Pre-Heat Sauté Pan with Olive Oil.
3. Season Sea Bass with Salt, Pepper, and Garlic. Then sear to a golden brown on both sides in the Sauté pan with Olive Oil.
4. Transfer Fish from the Sauté Pan on to the sprayed baking sheet pan.
5. Top Fish with Miso Sauce and Bake in the Oven at 400 degrees for 10-15 Minutes, or to a internal temperature of 135 degrees using Your Thermometer.
6. Take out of the Oven and serve with your choice of Starch and Vegetable.

FROM THE KITCHEN OF: Chef Richard Crisanti, CEC, CCA, ACE



## COBIA WITH A LEMON WHITE WINE TARRAGON SAUCE

### INGREDIENTS



- 2 lbs. Cobia Filet
- 6 Tablespoons Butter
- 3 Ounces of Olive Oil
- 1 Cup of Seasoned Flour
- 2 Cloves Garlic, Minced
- 2 Tablespoons Minced Shallots
- 1 Teaspoon Dried Tarragon
- 1/4 Teaspoon Salt
- 1/4 Teaspoon White Pepper
- 1/4 Cup White Wine
- 1 Lemon, juiced
- 1 Tablespoon Fresh Parsley

FROM THE KITCHEN OF: Chef Richard Crisanti, CEC, CCA, ACE



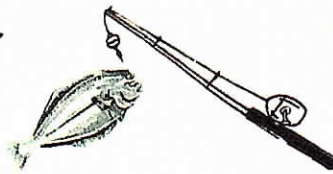
## COBIA WITH A LEMON WHITE WINE TARRAGON SAUCE

### DIRECTIONS



1. Preheat a Sauté Pan on High Heat. Place 3 Tablespoons of Butter and 3 Ounces of Olive Oil and Melt.
2. Flour Cobia Filets and Sauté Fish for 2 minutes on each side. When Fish has reached 130 degrees internal temperature, remove from the pan and let rest.
3. Add Garlic and Shallots to the Sauté pan and cook until translucent, about 3 minutes. Season with Tarragon, Salt and White Pepper. Increase the heat to medium, and stir in the White Wine and Lemon Juice. Bring to a simmer, then whisk for 1 minute. Remove from the heat and sprinkle in Parsley. Pour over your Cobia or your favorite White Fish before serving.

FROM THE KITCHEN OF: Chef Richard Crisanti, CEC, CCA, ACE



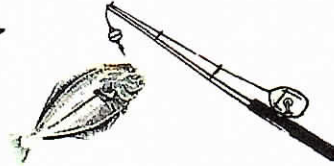
## PANKO CRUSTED HALIBUT WITH DIJON MUSTARD SAUCE

### INGREDIENTS



- 1 Cup Panko Bread Crumbs
- 1/2 Cup fresh Chives (chopped)
- 6 Halibut Filets (1-inch thick; skinless)
- 6 Tablespoons Dijon Mustard
- 1/3 Cup White Wine
- 2 Tablespoons Chopped Shallots
- 12 Tablespoons Butter (divided)
- 1 Teaspoon Chopped Italian Parsley
- 2 Lemons (zest and juice)
- 1/2 Teaspoon Diced Fresh Garlic
- Salt and Pepper to taste
- Extra-Virgin Olive Oil

FROM THE KITCHEN OF: Chef Richard Crisanti, CEC, CCA, ACE



## PANKO CRUSTED HALIBUT WITH DIJON MUSTARD SAUCE

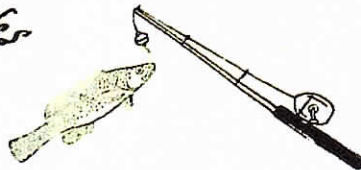
### DIRECTIONS



1. Mix the Panko Bread Crumbs, Lemon Zest, six Tablespoons Melted Butter, and Chives all together in a Mixing bowl. Season with Salt and Pepper.
2. Season the Fish with Salt. Spread Dijon Mustard on the bottom (*skin side*) of each Filet. Dredge the Mustard-Coated side in the Panko Bread Crumb mixture.
3. Heat a Large Non-Stick Skillet over Medium-High. Melt 3 Tablespoons of Butter along with 3 Tablespoons of Olive Oil. Once Oil is hot, add the Halibut Breaded side down. Cook for 2 to 3 minutes or until golden. Gently flip and cook on the second side for 1 to 2 minutes. Remove the Fish from the Pan and place it on a Pan sprayed baking sheet and finish in oven at 350 degrees if necessary.
4. Add the White Wine, Shallots, and Garlic and reduce by a third. Add the Lemon Juice, Dijon Mustard, Chopped Parsley, and the remaining butter.
5. Serve the Filet Breaded side up with a Drizzle of Lemon White Wine Sauce.

FROM THE KITCHEN OF: Chef Richard Crisanti, CEC, CCA, ACE





## NEW ENGLAND BAKED COD WITH CHARDONNAY SAUCE

### INGREDIENTS



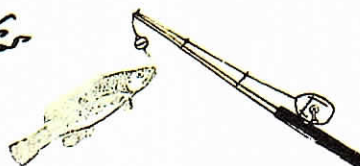
#### FISH

- 2 Lb. Fresh or Frozen Cod Fish
- 2 Cups Panko Bread Crumbs
- 1 Tsp. of each Salt, Pepper and Granulated Garlic
- 2 Sticks Butter [1/2 Lb. total Melted]
- 1/2 Bunch Chopped Italian Parsley

#### CHARDONNAY SAUCE

- 3 Tbsp. Whole Butter
- 1 Tsp. Shallots
- 1 Each Lemon Juice - Squeezed
- 1/4 Cup Chardonnay Wine - Only
- 2 Cups Heavy Cream
- Salt and Pepper to Taste

FROM THE KITCHEN OF: Chef Richard Crisanti, CEC, CCA, ACE



## NEW ENGLAND BAKED COD WITH CHARDONNAY SAUCE

### DIRECTIONS



#### FISH

1. Pre-Heat oven to 350 Degrees.
2. Mix Panko crumbs with salt, pepper, garlic, parsley, and melted butter.
3. Cut fish into 7 or 8 ounce portions and top with Panko crumb mixture.
4. Bake uncovered at 350°F for 15 to 20 minutes.
5. Make sure with your thermometer the fish is 135°F internal temperature.
6. Plate and finish with Chardonnay Sauce.

#### CHARDONNAY SAUCE

1. Melt butter in a sauce pan.
2. Sauté diced shallots until translucent.
3. Deglaze pan with lemon juice and Chardonnay wine.
4. Reduce by 2/3 volume to intensify flavor.
5. Then add heavy cream and bring to a boil.
6. As soon as it comes to a boil, turn down to a simmer and continue for 5 minutes.
7. Salt and Pepper to taste.
8. Serve under or over fish.

FROM THE KITCHEN OF: Chef Richard Crisanti, CEC, CCA, ACE