

POTATO DUSTED ROCKFISH

(with ginger oyster sauce, eastern shore seafood hash, vegetable medley)

Gary Leach, Roland E. Powell Convention Center, Ocean City, MD

4 6 to 7oz rockfish fillets
1 cup potato flakes
2 eggs, beaten
1/3 cup clarified butter
salt and pepper to taste

2 tbsp chopped shallots
1/2 cup dry vermouth
1 cup heavy cream
1 tsp oyster sauce
12 shucked oysters in juice
1 tsp ginger
1/3 stick butter, softened

1/2 cup fine diced red and green pepper
1/4 cup diced onion
1 1/2 cups diced potato
8 16/20 shrimp, peeled/deveined
1/4 lb lump crabmeat
1 1/2 tbsp chopped parsley
1/2 cup shrimp stock
salt and pepper to taste

1/4 cup canola oil
1 ea zucchini squash, yellow squash, carrot (peeled)
1 lb fresh spinach
2 tsp fresh chopped garlic
1/4 cup clarified butter
fresh basil, oregano, salt and pepper to taste

Clean and portion rockfish. Heat butter in large sauté pan. Dip filets in egg then dust with potato flakes. Sauté until light brown in color. Transfer to pan and finish in a 350° oven. Reserve pan from fish and add shallots, cook until golden color. Deglaze pan with Vermouth and reduce by half. Add cream, oyster liquor, and oyster sauce, reduce again by half over medium high heat. Add oysters, let simmer 1 minute, add ginger. Remove from heat and add butter in pieces while stirring until incorporated. Reserve in a warm place.

Lightly blanch potatoes in boiling salted water. Sauté vegetables and shrimp in oil until shrimp is about 3/4 cooked. Add potatoes, then stock until absorbed by potatoes. Fold in crabmeat, parsley and adjust with salt and pepper. Reserve. Julienne vegetables and reserve. Blanch spinach in salted boiling water, reserve. Heat butter and oil in large sauté pan. Add vegetables and garlic, cook until al dente. Season with herbs and salt and pepper. Arrange over spinach nest on plate. Place hash on plate in a mound with fish fillet off center of hash mix. Place 3 oysters on each fish, divide sauce evenly over fish, nest spinach on plate with vegetables on top.

2005

Award Winning Rockfish Recipes

EIGHTH ANNUAL



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LAVA ROCK

(Spicy blackened Rockfish served with peppers, black beans and rice and spinach with egg)

Jerry Brady, LaPlata, MD

2 lbs rockfish fillets - skinned
2 tsp dried thyme, dried oregano, freshly ground black pepper and paprika
12 tbsps butter
1 small garlic glove, chopped
1/2 ea red, yellow, green bell pepper thinly sliced
salt and pepper to taste
2 whole lemons
Pepper sauce – Preference, Arizona Gun Slinger or Texas Pete

Mix all dry seasoning together in a bowl. Cut fish into 4 equal pieces. Brush with pepper sauce, then coat each side with dry seasoning.

Heat 4 tablespoons butter in a large skillet, add garlic and peppers and sauté until tender. Remove peppers, add fish to pan and sear on each side until fish is cooked (3 to 4 minutes per side). While fish is cooking baste with fresh lemon juice.

Black Beans and Rice – Either prepare from scratch or use Zatarains Black Beans and Rice mix.

Spinach - Use fresh or one box frozen. Salt to taste. Cook in a small amount of water until tender, simmer off most of the water, when spinach is tender lightly beat one egg and add to the spinach. Stir lightly as the egg is added until egg is cooked.

Plating: Add a portion of Black beans and rice to the center of the plate, place blackened fish on top and top fish with peppers. Add a portion of spinach. Garnish plate with lemon wedge and pepper sauce.

ROCK, ROLL AND REMEMBER

Ron Ormrod, Little River, SC

2 lbs rockfish fillets
thin slices Prosciutto ham
4 jumbo shrimp- peeled and deveined

Cream Horseradish Sauce

1 tsp horseradish

1/4 cup mayonnaise

Vidalia onion Sauce

1/2 Vidalia onion, chopped

tomato sauce

Sauce

2 tbsp flour
2 tbsp milk
2 egg yolks
1 pint water, boiling

1/2 pint milk
2 hard boiled eggs
piece of butter size
of an egg

Brush each fillet with cream horseradish sauce. Lay 2 thin slices of Prosciutto ham on top of each fillet. Add a thin layer of Vidalia onion sauce (made by sautéing onions and adding a little

tomato sauce). Put a jumbo shrimp crossways at one end of the fillet. Roll up carefully, fasten with one or two toothpicks. Bake at 350° for 30 minutes.

While fish is cooking make sauce. Mix flour, milk and egg yolks. Beat well. Over medium heat stir in boiling water. Cook until sauce thickens. Add a half pint of milk and chopped hard boiled eggs and butter. Stir well. Serve hot over the hot rolled fillets.

ROCK – beautiful Maryland rockfish
ROLL – Rolled fillets
REMEMBER – Topped with a 1930's sauce my grandmother made

ROCKFISH LLEWELLYN

Christopher Willis, Jack Ryan Enterprises, Inc.,
Chesapeake Beach, MD

2 lbs rockfish fillets
3 tbsp olive oil
2 cups Italian herb bread crumbs

3 leaves fresh basil
1/2 cup Dijon mustard
1 cup sherry

Chiffonade basil and mix with mustard. Rub mustard on top of fish and coat bread crumbs on top. Heat pan with oil and sear fish on both sides. Add sherry to pan when you flip fish over and place in oven (skin side down) at 350° about 20 minutes in same pan you cooked in.

Topping

7 jumbo shrimp, peeled, deveined, chopped
2 cups heavy whipping cream
1/2 cup sherry
1 packet boursin garlic cheese
2 oz artichoke hearts

3 oz baby spinach
2 oz diced yellow onion
1 tbsp chopped garlic
1/2 cup shredded Asiago cheese
cheese

While fish is cooking, start sauce. Heat olive oil and sauté onions and garlic. When they are almost translucent add shrimp, artichokes, and spinach. When shrimp are seared on both sides, add sherry and reduce in half. Add heavy cream and boursin cheese and reduce more until it thickens and reduce in half. When it thickens turn off heat, add Asiago cheese, salt and pepper to taste. By this time fish should be almost done but pull fish out and add 1 cup of mixture on top to brown in the oven. When the topping is browned take out and add rest of sauce.

PECAN CRUSTED ROCKFISH WITH PECAN PARMESAN CREAM

Julie Fox, Annapolis, MD

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| 2 8 ounce rockfish fillets, skinned | 2 tbsp butter |
| salt and pepper | 2 tbsp olive oil |
| 2 eggs, beaten | 2 cups long grain wild rice |
| 1 cup crushed buttery cracker crumbs | pecan halves and parsley for garnish |
| ½ cup chopped pecans | |

Pecan Parmesan Cream

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| 1 cup chicken broth | ½ cup grated Parmesan cheese |
| ½ cup finely chopped pecans | 4 oz cream cheese, cubed |
| lightly toasted | ½ cup finely chopped fresh parsley |
| ½ cup marsala wine | |

Prepare Pecan Parmesan Sauce. In sauce pan, over medium heat, place broth, pecans, wine, and cheeses. Stir frequently until smooth. Stir in chopped parsley. Set aside and keep warm.

Season fish with salt and pepper. Place egg in shallow dish. Add fish and turn to coat. In another shallow dish, mix together crumbs and pecans. Add fish, turning to coat. In a large non-stick fry pan over medium high heat, melt butter in the oil. When bubbling subsides, add fish and cook about 4 minutes on each side until browned and crisp outside and just opaque in center.

Serve with Pecan Parmesan Cream and long grain wild rice. Garnish with Parmesan, parsley sprigs and pecan halves.

ROCKFISH WRAPS WITH MANGO SLAW

Gail Koller, York, PA

Batter

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| 2 lbs rockfish fillets | 1 ½ cups flour |
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Egg batter

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| 4 eggs | ½ tsp salt |
| ½ cup Parmesan cheese | ¼ tsp white pepper |

Beat together, set aside.

Mango slaw

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| 1 cup mango, peel/dice | 1 tbsp lime juice |
| 1 cup tomato, diced | ¼ tsp ground red pepper |
| ¼ cup red onion, diced | ¼ tsp salt |
| 1 tsp cilantro, diced fine | 3 cups shredded cabbage |

Mix all ingredients, except cabbage. Remove 1 cup of mixture and add to cabbage. Toss well, place remaining mixture in dish to serve with completed wraps.

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| 1 ½ cups peanut oil | 5 large wraps - 10" |
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Rinse fillets, pat dry. Slice into 1" strips. Coat strips of fish with flour. Heat oil in fry pan, dip strips of fish in egg batter, fry

both sides until golden. Drain on paper towel. Place 4 to 5 strips of fish and about 2/3 cup of mango slaw per wrap and fold. Serve while hot.

PISTACHIO DUSTED ROCKFISH WITH CARROT CARDAMOM BROTH (served with braised chard, smoked crab, and potato flan)

Chett Bland, Rudys' 2900, Finksburg, MD

4 rockfish fillets
2 tbsp clarified butter
cracked pepper to taste
Kosher salt to taste
1 ½ cups ground toasted pistachios

In a small skillet over medium heat, toast pistachios until fragrant. Melt clarified butter in small pan, set aside. In a food processor, grind pistachios to a fine powder. Lay out rockfish on oven-proof pan, season with salt and pepper. Lightly glaze with butter, and coat with pistachios. Cook in 400° oven for 15-20 minutes.

Carrot-Cardamom Broth

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| 2 tsp onion, minced | 3 cups carrot juice |
| 1 ½ tsp apple, minced | salt and pepper to taste |
| 3 tsp cardamom, ground | |
| 2 tsp plus ½ cup unsalted butter | |

Sweat apple and onion in the 2 tbsp of butter. Add cardamom, cook until onion is translucent. Add carrot juice, bring to a boil, reduce heat to a simmer. Strain. Return sauce to heat, bring to a simmer. Whisk in remaining butter, adjust seasoning with salt and pepper.

SMOKED ROCKFISH GYROS

Robert Johnson, Piney Point, MD

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| 2 lbs rockfish fillets- skinned | 2 whole tomatoes, ¼" diced |
| 4 oz lump crab meat | 4 oz Feta cheese, crumbled |
| slightly broken up | 4 Greek Pita Bread |
| 4 oz Mescaline Greens Salad Mix | seafood seasoning |

Greek Seasoning Mix for Fish

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| 1 tsp dry oregano | 1 tsp sea salt |
| 1 tsp ground cumin | 1 tsp granulated garlic |
| ½ tsp ground cinnamon | ½ tsp ground black pepper |
| (Mix together in a small bowl.) | |

Cucumber Dill Sauce

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| 2 cucumbers, peeled, deseeded | ½ tsp fresh oregano |
| ¼ " diced | ½ tsp granulated garlic |
| 2 cups plain yogurt | 1 tsp sea salt |
| 1 tbsp fresh lemon juice | pinch of granulated sugar |
| 1 tbsp fresh dill, chopped fine | |

(Mix together in a small bowl and refrigerator for one hour)

Season rockfish with Greek seasoning mixture. Place seasoned fish in smoker with lid closed. Smoke fish about 10 minutes. Break fish into ½" chunks, set aside. Next grill pita bread on an open flame grill or flat top griddle until browned on both sides.

Place one pita bread on each serving plate. Put 1 oz of greens on top of each plate followed by 1 oz of feta cheese. Add 8 oz of fish and 1 oz of crab meat to each. Spoon cucumber dill sauce over top. Fold gyros, skewer to keep it closed. Sprinkle seafood seasoning on top before serving.

BLOODY MARINATED ROCKFISH

(served with celery root mashed potatoes, corn meal-pepper encrusted oysters, garlic spinach, crispy leeks and a smoked tomato butter sauce)

Kevin Jones, MacGregor's , Havre de Grace, MD

2 lb rockfish fillets, skinned

Bloody Mary Marinade

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| 2 qts tomato juice | ½ oz celery seed |
| 2 oz lime juice | 1 ½ oz prepared horseradish |
| 2 ½ oz Worcestershire sauce | ½ oz Tabasco sauce |
| 1 oz seafood seasoning | 1 oz blended oil |
| 1 oz medium ground black pepper | salt and white pepper |

Cut rockfish into four, 8 oz portions. Mix all marinade ingredients, marinate for 24 hours. Bake at 350° for about 15 minutes or until the albumen coagulates.

Crispy Leeks

8 oz leeks finely julienne, deep fry at 350°, drain on a paper towel. Let sit and crisp up. Season with salt and pepper.

Smoked Tomato Butter Sauce

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| large beef steak tomato, smoked | 6 whole peppercorns |
| 1 shallot, chopped | 4 bay leaves |
| ½ lb salted butter | juice of 1 lemon |
| 1 cup white wine | ½ cup heavy cream |

Add chopped shallots, peppercorns, bay leaves and white wine in sauce pan and reduce by half. Add heavy cream, reduce by half. Remove from heat, slowly add softened butter. Strain. Peel and deseed smoked tomato and mince well. Add minced tomato, teaspoon of liquid smoke, juice of 1lemon, salt and pepper to taste.

Cornmeal-Peppercorn Encrusted Oysters

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| 4 cups corn meal | 6 eggs |
| 4 oz coarse ground black pepper | 2 oz milk |
| 4 cups flour | 16 shucked oysters |

Pan of flour, pan of whisked eggs and milk, and a pan of corn meal mixture with pepper. Place oysters in flour, dredge until coated. Then place in egg mixture and coat. Finish by putting oysters in corn meal mixture and coating thoroughly. Fry at 350° in oil until golden brown.

Garnish

Fry 4 oz of celery leaves until crisp. Skewer four sets of sword picks with olive and lemon.

POTATO WRAPPED ROCKFISH WITH OYSTER FENNEL GRAVY

Douglas Spencer, Roland E. Powell Convention Center
Ocean City, MD

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| 4 5oz rockfish fillets | 2 tbsp olive oil |
| 2 lg Idaho potatoes | 1 egg for egg wash |
| ¼ stick butter | |



Cut potato in half length wise, with a slicer cut into thin strips. Blanch strips in boiling water for 2 minutes then shock in ice water. Baste fish with egg wash, wrap with potato strips. Season with salt and pepper. Lightly sauté in butter and olive oil until light brown. Finish in oven.

Oyster Fennel Gravy

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| ¼ cup diced onion, fennel, and red pepper | 1 ½ cups heavy cream |
| 1 tbsp chopped garlic and capers | ½ stick of butter |
| 1 ½ cups rough chopped oysters with liquor | 1 tbsp olive oil |
| ½ cup chicken stock | ½ cup all purpose flour |
| | 1 tsp rubbed sage, thyme, and seafood seasoning |

Sauté onions, fennel, garlic, peppers, capers in butter and olive oil for 5 minutes. Stir in flour till roux forms. Add chicken stock, cream and oyster liquor. Bring to a simmer, mix well. Stir in oysters, sage, thyme, and seafood seasoning.

