

The Oceanaire Seafood Room: Executive Chef Robert Wohlfeil

Lake Herring with Herbed White Bean Mash & Apple Chutney

Lake Herring

Procedure:

1. Heat olive oil in a sauté pan/skillet (non-stick if possible).
2. Season the fillet with salt and pepper and lightly oil.
3. Carefully place the fillet into the sauté pan, skin side down.
4. Sear until skin is crispy and begins to turn white around the edges.
5. Flip the fillet and remove from heat. Allow the residual heat in the pan to finish the cooking process.
6. Serve and enjoy!

Herbed White Bean Mash

Ingredients:

- Beans; soaked – 1 lb.
- Water – to cover
- Onion; yellow minced – 4 oz.
- Garlic; minced – 1 tsp.
- Butter; whole – 4 oz.
- Chives; chopped – 1 Tablespoon
- Parsley; chopped 1 Tablespoon
- Salt and pepper – to taste

Procedure:

1. In a saucepan, place soaked beans, onion and garlic. Cover with water. Cook until overly tender.
2. Mash by hand until an even consistency is reached.
3. Add fresh herbs and whole butter. Stir to incorporate.
4. Season to taste with salt and pepper.
5. Reserve.

Apple Chutney

Ingredients:

- Apple; medium dice – 2 lbs.
- Cider vinegar – 2 cups

- Brown sugar – 1.5 cups
- Red pepper; small dice – 4 oz.
- Red onion; small dice – 2 oz.
- Golden raisin – 2 oz.
- Clove; ground – ¼ tsp.
- Allspice; ground – ¼ tsp.
- Salt and pepper – to taste

Procedure:

1. In a skillet, heat vinegar, brown sugar and golden raisins until sugar is dissolved and raisins are plump, and sauce begins to thicken.
2. Add apples, peppers and onions and cook until desired consistency is reached.
3. Add hard spice.
4. Season to taste with salt and pepper.
5. Reserve.

Whitefish with Shaved Brussels Sprouts, Creamy Pumpkin Grits & Pumpkin Seed Gremolata

Whitefish

Procedure:

1. Using a cleaned whitefish fillet (skin off, pin bones removed), bread the fillet using standard breading procedure.
 - Dredge the fillet in all-purpose flour.
 - Move the fillet to an egg wash (whole egg and water mixture).
 - Finish the breading by returning the fillet to the all-purpose flour and coat thoroughly.
2. In a non-stick pan, heat olive oil and a little whole butter.
3. Lay the breaded fillet into the pan and cook over medium heat until browned on the outside and cooked through.
4. Serve and enjoy!

Shaved Brussels Sprouts

Ingredients:

- Brussels Sprouts; shaved – 6 oz.
- Whole butter – 3 oz.
- Salt and pepper – to taste

Procedure:

1. Sauté over high heat until al dente.
2. Season and serve.

Creamy Pumpkin Grits

Ingredients:

- Pumpkin; peeled, seeded, small dice – 1 lb.
- Water – to cover
- Whole butter – 4 oz.
- Grits; dry – 1 cup
- Salt and pepper – to taste
- Heavy cream – as needed

Procedure:

1. Simmer pumpkin over high heat until overly tender.
2. Add grits and whole butter. Reduce heat and allow to cook.
3. Season to taste, and adjust consistency with cream.
4. Reserve for later.

Pumpkin Seed Gremolata

Ingredients:

- Pepitas; roasted, chopped – 2 Tablespoons
- Chervil; picked – 1 bunch
- Sage; chiffonade – 1 oz.
- Orange zest – 1 orange
- Olive oil – as needed
- Salt and pepper – to taste

Procedure:

1. Combine all ingredients and toss while seasoning.
2. Make just before use to prevent herbs from wilting.