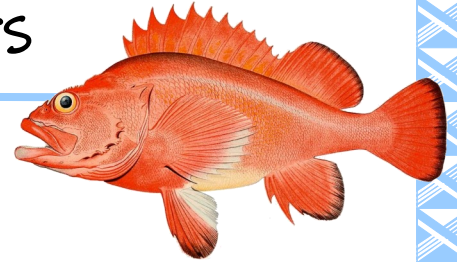




In The Kitchen January 2020

with Christine Ciancetta

Local Fish, Local Roots



Poached Provençal Rockfish

Recipe adapted from Nutrition Action Healthletter, September, 2019

- | | |
|---|---|
| <ul style="list-style-type: none"> 1 onion, thinly sliced 1 bulb fennel, thinly sliced 1 clove garlic, thinly sliced 1 carrot, halved and sliced 1 rib celery, halved and sliced 2 tablespoons butter 2 tablespoons extra virgin olive oil ¼ cup dry white wine (or extra dry vermouth) 1 cup diced tomatoes (fresh or canned) | <ul style="list-style-type: none"> 1 peel organic orange zest about ½ x 2 inches 1 bay leaf 1 teaspoon Herbes de Provence Pinch saffron (optional) ¾ teaspoon sea salt ¼ teaspoon freshly ground black pepper 1½ pounds rockfish (or other skinless white fish) Lemon wedges 1 cup water |
|---|---|

Cook onions, fennel bulb, carrots, celery, and garlic in oil with Herbes de Provence, bay leaf, saffron, salt, and pepper in a deep pan or pot over medium heat, stirring occasionally, until softened, about 10 minutes. Add the wine and simmer until reduced by about half. Stir in the tomatoes, zest and 1 cup water. Bring to simmer.

Push the vegetables to one side of the pan and add the fish to the open spot. Spoon vegetables over the top and shake the pan to distribute ingredients evenly. Reduce heat to low, cover and simmer until the fish is opaque and flakes easily. Garnish with fennel fronds and serve with lemon wedges.

Variations: Remove orange, herbs and saffron: Add ginger, scallions, miso broth and spinach for an Asian twist; or add fresh tomatoes, zucchini, hot red pepper flakes, bell peppers and parsley for an Italian treatment.



Fennel Apple Celery Slaw

- | | |
|---|--|
| <ul style="list-style-type: none"> 1 small fennel bulb, very thinly sliced on a mandoline ¼ cup coarsely chopped fennel fronds ½ small celery root (celeriac; about 6 ounces), peeled, very thinly sliced on a mandoline 1 large organic apple, any variety thinly sliced 1 small head of Treviso or Chioggia radicchio, roughly chopped | <ul style="list-style-type: none"> Leaves from 1 bunch celery (about 1 cup), roughly chopped ½ cup fresh Italian parsley, roughly chopped 1 tablespoon fresh marjoram, roughly chopped Sea salt and freshly ground pepper 3 tablespoons extra-virgin olive oil 2 tablespoons fresh lemon juice |
|---|--|

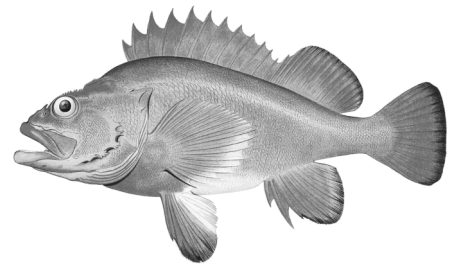
Toss sliced fennel, fennel fronds, celery root, apple, radicchio, celery leaves, parsley, and marjoram in a large bowl to combine; season with salt and pepper. Drizzle with oil and lemon juice and toss to coat; taste and season with more salt and pepper if needed.



This winter Bayview School of Cooking is proudly featuring wines from Castle Rock Winery.

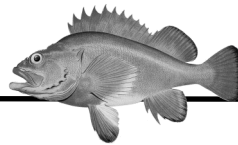
Lemon Pepper Panko-Crusted Rockfish

1 pound fresh rockfish fillets
Olive oil, as needed, to coat fillets
1¼ cups panko (Japanese-style bread crumbs)
1 tablespoon lemon pepper
1 teaspoon salt, ½ teaspoon granulated garlic, ¼ teaspoon ground black pepper
½ cup olive oil



Preheat oven to 375°F. Pat fish dry with paper towels. Arrange on parchment covered baking pan sprayed lightly with cooking oil. Brush fish fillets lightly with olive oil and season with salt and pepper.

In a small bowl, combine panko, lemon pepper, salt, garlic, black pepper and olive oil and stir until completely blended; spoon evenly over the top side of each fillet. Bake uncovered for 12 to 15 minutes, or until fish flakes easily and topping is light golden brown.



Blackened Red and Green Cabbage Slaw

Nonstick vegetable oil spray
½ cup tarragon vinegar
½ cup sugar
½ cup canola oil plus additional for brushing
2 tablespoons Dijon mustard
¼ cup chopped fresh cilantro
1 medium head of red cabbage (about 1¾ pounds), quartered through core
1 medium head of green cabbage (about 1¾ pounds), quartered through core
1 bunch green onions (about 6), trimmed

Barbecue method: Spray grill rack with nonstick spray. Heat barbecue (medium-high heat). Brush cabbages and green onions with oil; sprinkle with salt and pepper. Grill cabbages until dark grill marks form, 3 to 4 minutes per side. Grill green onions until charred on 1 side, 2 to 3 minutes. Transfer vegetables to work surface.

Oven method: Heat oven on high broil. Brush cabbages and green onions with oil; sprinkle with salt and pepper. Broil cabbages until charred on top, 3 to 4 minutes per side. Broil green onions until charred on 1 side, 2 to 3 minutes. Transfer vegetables to work surface.

Whisk vinegar, sugar, ½ cup oil and mustard in medium bowl. Season dressing with salt and pepper.

Chop green onions and cabbages; place in large bowl. (Discard cores.) Add cilantro and dressing; toss to coat. Season slaw to taste with salt and pepper.

BayviewSchool of Cooking
www.BayviewSchoolOfCooking.com
<http://BayviewSchoolOfCookingBlog.wordpress.com>