

## Iris

### RECIPES

#### **Wild Turbot Cooked on the Bone**

*(Yields 6 Portions)*

1 Whole Turbot approx. 10 lbs.  
3 Tbs. Clarified butter for searing  
Salt and pepper to taste

#### **Preparation of the fish:**

The most important part of this process is the selection of the fish to ensure absolute freshness. Always ensure that any whole fish you purchase has clear eyes, firm textured flesh, and red gills. If it smells fishy, it is not fresh.

Using heavy duty kitchen shears, trim off all the outer fins of the fish, try not to cut too far into the flesh as you will be wasting the edible part, the fillets. With a very sharp large chef's knife, cut the entire fish in half lengthwise, reserve the scraps for soup or stock. Turbot bones are particularly excellent for soup applications. They may also be frozen for later use.

Season both halves of the Turbot on both sides, and in a large skillet, sear each side in clarified butter until they just begin to crisp, this seals in flavor and moisture. Place the fish on a roasting rack, and place in a conventional oven pre-heated to 350 degrees. The fish should take about 15 – 20 minutes to cook. Remove the cooked Turbot, from the oven and allow it to rest for a few minutes. Using a sharp long bladed fillet knife, remove the filets from top to bottom, allowing the blade to follow, along the bones underneath. Serve immediately.

#### **Saffron Buerre Blanc**

*(Yields 1 Quart)*

1 cup White wine  
3 Shallots, chopped  
1 Clove of garlic, split  
1 Bay leaf  
¼ cup fresh squeezed lemon juice  
1 sprig fresh Thyme  
1 lb. best quality unsalted butter, cubed and chilled  
¼ cup heavy whipping cream  
1 tsp. Saffron threads

#### **Method:**

Place the wine, shallots, lemon juice, bay leaf, thyme, garlic, and saffron threads in a medium sized sauce pan and reduce the liquid by  $\frac{3}{4}$ . Add the heavy cream and reduce by half, this should all be done over medium heat to avoid burning the ingredients. Once this mixture has reduced the desired amount, pass through a fine mesh strainer, and slowly whisk in the butter, keep the sauce at room temp until ready to serve.

### **Potato and Leek Ravioli**

*(Yields 12 Raviolis)*

1 Medium Russet potato, peeled and diced to  $\frac{1}{4}$  inch

1 Leek, white part only, diced to  $\frac{1}{4}$  inch

$\frac{1}{2}$  Tbs. Italian flat leaf parsley finely chopped

1 Tbs. best quality unsalted butter

6 Plain Pasta Sheets

1 Egg, beaten

Salt and Pepper to taste

#### **Method:**

Heat a saute pan over medium high heat until butter melts but doesn't burn. Add potatoes and cook until they begin to soften, (about 5 minutes). Add the leeks and continue to cook this mixture until potatoes are cooked through and leeks are soft. Do not allow the mixture to brown; you want to maintain the color of the leeks. Finish with chopped parsley, salt and pepper (to taste), set aside to cool. With a round cookie cutter, make circles with the pasta sheets, to the desired size of your raviolis. Take each round of pasta and brush the edges with the egg wash; place desired amount of filling in the center of the pasta and fold it over to create a Mezzaluna, or half moon-shaped ravioli. Place on a sheet pan with a small amount of semolina flour to prevent them from sticking together.

The cooking for the pasta is approximately 3-4 minutes. Serve them al dente. Shave parmesan over them to enhance flavor.