

Red Fish on the Half Shell w. Beurre Blanc Sauce

(White Butter Sauce)
(serves 12)



Ingredients:

- 1 bunch Italian Parsley, leaves picked
- 12 sprigs Mint, picked
- 4 sprigs Basil, picked
- 4 cups Olive Oil
- 6 Garlic cloves, smashed & minced
- 2 tsp Red Chili Flakes
- Salt to taste
- 12 (4-6 oz) Red Fish Fillets, skin & scales on
- 4 Lemons, cut in half

Directions:

Preheat grill or grilling pan.
Chop the parsley, mint, and basil.
Add the herbs, garlic and chili flakes to the work bowl of a shall food processor.
Turn on high and puree.
Slowly add the olive oil until all incorporated and season with salt.
Brush the red fish fillets with olive oil and season.
Grill the fish for 3 min flesh sides down, make sure to mark the flesh with the gill.
Flip the fish so that the scales are now on the grill, and allow the fish to cook approximately 6-8 more min or until just cooked through while spooning over the garlic-herb oil.
Squeeze the lemons over the fish making sure to discard the seeds and remove from the grill.
Serve with the white butter sauce.

Beurre Blanc Sauce

(White Butter Sauce)

Ingredients:

2 tbsp Butter
1 cup chopped Shallots
6 tbsp White Wine Vinegar
4 tbsp Dry White Wine
 $\frac{3}{4}$ cup Heavy Whipping Cream
16 tbsp Butter, cut into 24 pieces

Directions:

Heat 2 tbsp butter in pan, add shallots.
Cook briefly while stirring, add the vinegar and wine.
Cook until the liquid is nearly gone or reduced.
Add the heavy whipping cream, salt and bring to a boil.
Add the pieces of butter a few at a time stirring rapidly with whisk and don't let boil.
Serve over fish.