

Baked Lionfish with Boiled Peanut Broth & Okra

Recipe courtesy of Chef Kristen Essig

SERVES 4 - 6



INGREDIENTS

Fumet:

- 1 pound Lionfish bones
- 4 ounces ham
- 1 cup fennel, can be scrap
- 2 cups onion, can be scrap
- ½ cup celery, can be scrap
- ½ head garlic
- 1 bay leaf
- 2 sprigs fresh thyme
- 1 cup white wine
- 1½ quarts water
- handful of parsley stems

Fennel Aioli:

- 2 cloves garlic
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons fennel vinegar
- 1 teaspoon kosher salt, plus extra as needed
- 1 whole egg
- 1 egg yolk
- 9½ ounces canola/olive oil blend
- hot sauce, optional

Lionfish & Vegetables:

- 6-8 boneless skinless Lionfish filets
- ½ teaspoon kosher salt
- ½ cup aioli, divided
- 2 cups okra, split horizontally
- 1 cup finely chopped tomato
- 1 cup shelled, boiled peanuts
- 1 quart fumet
- 2 cups boiled fingerling potatoes, split horizontally
- ¼ cup chopped fresh parsley
- 2 teaspoons chopped oregano
- ½ cup seasoned breadcrumbs
- 2 tablespoons bacon fat, optional
- kosher salt and freshly ground pepper to taste
- canola/olive oil blend for pan

DIRECTIONS

To prepare the fumet:

Place the fish bones, ham, fennel, onion, celery, garlic, bay leaf, thyme, wine, parsley and water in a large stockpot. Place over high heat and bring to a boil. Reduce the heat to maintain a simmer and cook 30 minutes. Strain and refrigerate until ready to use.

To prepare the aioli:

Combine the garlic, lemon juice, vinegar, salt and eggs in the bowl of food processor. Process until frothy. With the food processor running, slowly drizzle the oil into mixture until it emulsifies. Taste and season with additional salt and hot sauce as desired. Refrigerate until ready to use.

To prepare the fish:

Preheat the oven to 375°F. Line a sheet pan with parchment paper and lightly oil. Place the Lionfish filets on top of the parchment, in a single layer and make sure they don't overlap. Season with salt and then spread one tablespoon of the fennel aioli over the fish, making sure to coat evenly. Bake the filets 7 to 9 minutes, just until cooked through.

While the fish is baking, sauté the okra in a large sauté pan with just enough oil to coat the bottom of the pan. Once the okra is lightly browned, add the tomato, and boiled peanuts and cook over medium heat to just heat through. Add the prepared fumet/broth to the pan with the potatoes, parsley and oregano. Taste and season with additional salt and pepper as needed.

To serve, divide the okra, tomato and potatoes evenly among serving bowls. Top with a fish filet. Sprinkle each filet with the breadcrumbs. Carefully add the broth to the bowl avoiding pouring on top of the breadcrumbs. Drizzle the broth with the bacon fat if desired and serve immediately.