

# Monkfish and Shrimp Shumai



RECIPE COURTESY OF CHEF J CHONG  
MAKES 20



10 ounces finely chopped monkfish  
8 ounces peeled, deveined, and finely chopped gulf coast shrimp  
4 shitake mushrooms, small dice  
2 tablespoons grated fresh ginger  
2 tablespoons Shaoxing wine  
2 tablespoons light soy sauce  
1 tablespoon sesame oil  
1 teaspoon cornstarch  
½ teaspoon salt  
¼ teaspoon ground white pepper  
Hearty leafy greens, for lining the steamer  
1 package dumpling wrappers  
Trout roe, for serving



Place the monkfish, shrimp, mushrooms, ginger, wine, soy sauce, sesame oil, cornstarch, salt and pepper into a bowl and stir until well combined. Set aside.

Prepare a steamer and line the bottom and the sides with the leafy greens. Set over simmering water.

One at a time, lay a dumpling wrapper on the counter and spoon 1 ½ teaspoons of the filling into the center. Gather the edges of the wrapper, pulling it up and around the filling, twisting and pinching the edges together to seal. Repeat with the remaining filling and wrappers.

Place the shumai in the steamer 1 inch apart. Steam 10 minutes. Remove from the steamer and garnish with trout roe. Serve immediately.



# Cantonese Pan-Seared Rainbow Trout



RECIPE COURTESY OF CHEF J CHONG  
SERVES 2

3 tablespoons light soy sauce  
1 tablespoon sesame oil  
2 tablespoons water  
¼ cup canola oil  
1 10-ounce skin on trout filet, rinsed and patted dry  
2 scallions, thinly julienned  
2 tablespoons thinly julienned ginger  
½ small bunch cilantro

Place the soy sauce, sesame oil, and water in a small bowl and whisk to combine.

Place 2 tablespoons of the canola oil in a cast iron skillet or other sauté pan and set over medium heat. Once the oil is hot, carefully add the trout, skin side down, to the pan. Cook until the trout is opaque, the skin is brown and crispy, and the fish reaches an internal temperature of 145°. Transfer the trout to a serving platter and set aside.

Place the scallions in the skillet and cook, stirring regularly, for 1 to 2 minutes or just until wilted. Spread the ginger and cilantro on top of the trout and top with the wilted scallions. Add the remaining 2 tablespoons of oil to the pan. Once it shimmers, remove from the heat and pour over the trout. Serve immediately with jasmine rice.

# Fried Catfish Breakfast Biscuit

RECIPE COURTESY OF CHEF TAMIE COOK  
SERVES 4 *(with extra biscuits for lunch)*

## CATFISH

4 4-ounce catfish filets	1 teaspoon garlic powder
½ cup whole fat buttermilk	1 teaspoon smoked paprika
2 teaspoons hot sauce	1 teaspoon dried oregano
½ cup cornmeal	½ teaspoon onion powder
¼ cup all-purpose flour	½ cup peanut or canola oil
1 teaspoon kosher salt	

## BIEN TARTARE SAUCE

1 cup sour cream  
2 tablespoons horseradish  
2 tablespoons capers, drained  
1 tablespoon minced fresh dill  
Heavy pinch salt

## ZUCCHINI, CHEDDAR, BASIL BISCUITS

6 ounces grated zucchini, about one large zucchini	1 teaspoon red pepper flake
14 ounces all-purpose flour, plus extra for rolling and shaping	2 ounces finely grated sharp cheddar cheese
¼ cup finely chopped fresh basil	4 tablespoons unsalted butter, cubed and chilled
1 tablespoon baking powder	1 cup cold, whole-fat buttermilk, plus extra for brushing tops
1 tablespoon sugar	Crisp lettuce, for serving
1 ½ teaspoons salt	



# FRIED CATFISH BREAKFAST BISCUIT

## CATFISH:

Place the buttermilk and hot sauce in a shallow pie pan and whisk to combine. Add the catfish and toss to coat. Cover and refrigerate for 30 to 45 minutes.

Place the cornmeal, flour, salt, garlic powder, smoked paprika, dried oregano, and onion powder in a separate shallow pie pan, whisk to combine, and set aside.

Remove the catfish from the buttermilk, one filet at a time, allowing the excess buttermilk to drip back into the pan. Transfer the catfish to the dry mixture and coat on all sides. Repeat with all the catfish.

Place the oil in a 10-inch cast iron skillet, set over medium heat, and once the oil shimmers, gently place the catfish in the pan and cook until golden brown, 3 to 4 minutes. Flip and continue to cook for 2 to 3 minutes or until golden brown. Transfer to a sheet pan fitted with a cooling rack and allow to drain and cool for 3 to 4 minutes.

## TARTARE SAUCE:

Place the sour cream, horseradish, capers, dill, and salt in a small bowl and whisk to combine. Set aside or refrigerate until serving.

## BISCUITS:

Heat the oven to 450° and line a sheet pan with parchment paper or a silicone baking sheet.

Toss the zucchini with a pinch of salt, spread evenly, in a single layer, on a paper towel-lined plate, and press a second paper towel on top to absorb the liquid. Set aside while preparing the remaining ingredients.

Place the flour, basil, baking powder, sugar, salt, red pepper flake, and cheese into the bowl of a food processor and pulse 8 to 10 times or until thoroughly combined. Add the butter and pulse until the mixture resembles coarse meal, 8 to 10 times. Add the zucchini and buttermilk and process just until the dough comes together, 30 to 45 seconds.

Turn the dough out onto a well-floured surface. Knead the dough by gently folding it in on itself two times. Roll out to ½ inch thickness and cut into rounds using a 3 1/2-inch cutter.

Place the biscuits about ½-inch apart onto the prepared baking sheet and brush the tops with buttermilk. Bake 15 to 18 minutes or until golden brown and cooked through.

Transfer to a cooling rack to cool slightly before serving.

## TO SERVE:

Split the biscuits in half and spread both halves with tartare sauce. Set the catfish on the bottom half, top with lettuce and the biscuit top. Serve immediately.

# Smoked Trout Toast with Herbed Crème Fraîche



RECIPE COURTESY OF CHEF TAMIE COOK

SERVES 4 to 6

¼ cup brown sugar  
¼ cup kosher salt  
12 ounces skin on trout filets  
1 cup applewood chips  
½ cup crème fraîche  
1 tablespoon finely chopped fresh parsley  
1 tablespoon finely chopped chives  
¼ teaspoon kosher salt  
4 to 6 slices hearty bread, toasted  
2 radishes, sliced, for garnish  
Microgreens, for garnish

Combine the brown sugar and salt in a small bowl.

Sprinkle 3 tablespoons of the mixture in the bottom of a baking dish or other vessel large enough to hold the trout lying flat. Lay the trout on top of the mixture and evenly sprinkle with the remaining mixture. Cover with a lid or plastic wrap and refrigerate overnight, 12 to 16 hours.

Remove the trout and rinse thoroughly under cold water. Pat completely dry. Lay the trout on a plate and return to the refrigerator for 2 to 6 hours or until the skin becomes shiny and the fish is firm.

One hour before you're ready to smoke, place the wood chips in cool water and set aside to soak.

While the chips are soaking, place the crème fraîche, parsley, chives, and salt in a small bowl and whisk to combine. Set aside or refrigerate until ready to serve.

# SMOKED TROUT TOAST WITH HERBED CRÈME FRAÎCHE

Remove the trout from the refrigerator to come to room temperature.

Line a 13 x 9-inch metal roasting pan or disposable aluminum pan with aluminum foil. Drain the wood chips and place in the bottom of the pan. Gather the edges of the foil together to enclose the chips and form a pouch. Place the pan over medium-high heat. Leave until the wood chips are smoking well.

Lay the trout filets in a perforated disposable vegetable grilling pan. Carefully unwrap the smoking wood chips and place the grilling pan on top, cover the entire thing with foil, and seal so no smoke can be seen coming out. Reduce the heat to low and cook for 20 to 25 minutes or until the fish is firm, darkened slightly in color, and flakes easily. Remove the fish from the smoker and set aside until cool enough to handle, about 10 minutes. Flake the fish using a fork.

To serve, spread the herbed crème fraîche on the toast, top with the flaked trout, and garnish with radishes and microgreens. Serve immediately.

# Naked Monkfish Roll with Brown Butter Lemon- Garlic Sauce



RECIPE COURTESY OF CHEF TAMIE COOK  
SERVES 4

1 ½ pounds monkfish filets, cut into 8 pieces  
1 tablespoons olive oil  
½ teaspoon kosher salt  
½ teaspoon ground grains of paradise  
4 tablespoons butter  
2 celery stalks, thinly sliced  
3 garlic cloves, minced  
1 tablespoon freshly squeezed lemon juice  
1 tablespoon minced tarragon  
4 Hoagie rolls  
Crispy lettuce leaves, for serving

Heat the oven to 375°. Place the fish, olive oil, salt, and grains of paradise into a small pan and toss to thoroughly coat the fish. Set the fish on a parchment paper-lined sheet pan. Bake for 10 to 15 minutes or until just cooked through. Fish will turn opaque in color when done. Set aside and cover with foil to keep warm.

Place the butter in a small sauté pan and set over medium heat. Cook, stirring occasionally, until the butter begins to turn lightly brown and smell toasty. Add the celery and garlic and stir for 1 minute. Remove from the heat, add the lemon juice and tarragon, and stir to combine.

Toast the hoagie rolls if desired. Place lettuce on each hoagie roll, top with the monkfish, and serve immediately.