

CHBC Demo Recipes

Monkfish St. Jaques (serves 4)

A (Potato)

1	large Russet potato (peeled and quartered)
½ cup	coconut milk
To taste	salt and pepper

Simmer potato in lightly salted water until very tender. Strain. Add coconut milk, salt and pepper and mash to combine. Cover with plastic wrap and keep warm.

B (Fish)

12	¾ oz monk fish (slices)
To taste	sea salt and cracked black pepper

C (Curry cream)

1 tblsp	butter
2 tblsp	white onion (finely diced)
2 tblsp	celery (finely diced)
1 tsp	curry powder (more or less if desired)
1 tblsp	apple cider vinegar
1 cup	cream (33 to 36%)
to taste	sea salt and pepper

Add butter to a medium-hot frying pan; once melted add onion and celery. Sauté until translucent and juicy. Season with salt and pepper, add curry powder and stir until moist. Add apple cider vinegar, stir and then add cream. Simmer for 5 minutes. Pour into a small dish, cover with plastic wrap and keep warm.

D

¼ cup	fennel (julienne/matchstick cut)
¼ cup	tomato (julienne)
To taste	sea salt

A. Using 4 small oven-safe dishes, pipe potatoes across bottoms and ¾ up the sides.

B. Place 3 pieces fish per dish. Add 2 tblsp 'C' per dish. Broil on the middle oven rack for 6-7 minutes.

D. Quickly sauté and add as garnish to each dish.



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