

# CHBC Demo Recipes

## Wine Soaked Sable Fish

(serves 4)

### A

1.5 lb      sablefish (cut into 12 medallions)  
½ bottle    wine (preferably Pinot Grigio)  
1            shallot (sliced)  
1            lemon (sliced and quartered)  
¼ cup      parsley (coarsely chopped)  
2 tbsp     cracked black pepper  
½ cup      flour (sifted and seasoned with sea salt and cracked pepper)  
as needed  extra virgin olive oil  
to taste    sea salt and cracked pepper

### B

2 tbsp     white wine vinegar  
¼ lb        butter (cold, cubed)  
1 bunch    spinach leaves  
1            tomato (julienne flesh)  
½ bulb     fennel (julienne)  
2 tbsp     extra virgin olive oil  
1            lemon (juice and zest)  
to taste    sea salt and cracked pepper

- A. Soak sablefish for 1 hour in the white wine, shallot, lemon, parsley and cracked pepper. Remove the sablefish from the marinade and dredge it in the flour. Fry on medium-high heat until golden on both sides and almost cooked through. Remove from pan and hold in a warm place. Strain the wine marinade into the pan and reduce by half; stir in the butter one cube at a time until melted (continually stir the butter to ensure a homogenous sauce). Transfer the sauce to a bowl and hold in a warm place. Add the spinach to the pan one handful at a time adding the next handful once the previous handful has begun to wilt. Season with salt and pepper.
- B. Toss the tomato, fennel, olive oil, lemon juice, salt and pepper together. Divide the spinach between four plates, spoon some sauce over the spinach. Top with the sablefish and some more sauce over. Garnish the dish with the tomato-fennel salad. Enjoy!



### Okanagan's Finest Foods

product info: 250.717.6018

catering: 250.317.2055

info@okanagansfinest.com

www.okanagansfinest.com



### The Ridge Restaurant

3002 Dunster Road

East Kelowna

250.712.9404

klo@k-l-o.com

www.k-l-o.com/ridge