
Mushroom Stuffed Grouper

*Chef Roger P Michel - Hyatt Sarasota - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

Servings: 1

6 ounces boneless grouper fillet

dash salt

dash pepper, 1/2" cubes

lemon juice

2 shallots, minced

2 tablespoons olive oil

2 shitake mushrooms, sliced

1 large mushroom, sliced

1 tomato, peeled and sliced

1/2 cup clam juice or fish stock

3 large romaine lettuce leaves

1 teaspoon chopped parsley

1/4 cup dry white wine

1/2 cup clam juice or fish stock

1/4 cup low fat sour cream

FOR GARNISH

1/4 teaspoon cornstarch

1 teaspoon salmon caviar

1/4 cup jicama or boiled potatoes

fresh seasonal vegetables, julienned

Butterfly the grouper cutlet. Season with salt, lemon juice, and white pepper.

Saute' the shallots in olive oil. Add the mushrooms. Add some fish or clam stock. Let reduce until dry.

Add the diced tomatoes and parsley.

Fill the grouper with the mushroom mixture.

Wrap blanched romaine or lettuce leaves around the fish. Add fish stock and white wine. Poach for 3 to 4 minutes.

Remove the fish from the poaching liquid and hold for service.

Reduce the fish stock. Add the cornstarch dissolved with a few drops of water. Cook until slightly thickened. Remove from the heat and add the low-fat sour cream until smooth.

To assemble the plate: Spoon the sauce onto the plate. Arrange the poached fish over the sauce. Garnish with salmon caviar and serve with boiled potatoes or jicama and the julienned vegetables.

Seafood

Per Serving (excluding unknown items): 331 Calories; 28g Fat (81.4% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 5 1/2 Fat.