



Menu du Jour

05 Feb 06

Grilled Swordfish with Agent Orange Sauce
Field Greens with Wasabi Vinaigrette
Vegetable Medley
Roasted Red Bliss Potatoes with Garlic & Thyme
(Serves two)

Grilled Swordfish with Agent Orange Sauce

Any firm fish such as Mahi Mahi, tuna, halibut, or shark could be substituted for the swordfish. As the swordfish needs to marinate for a short time, this recipe requires advance preparation.

2 (6-ounce) swordfish fillets
Olive oil
Coarse kosher salt
Freshly ground black pepper
1/4 cup Agent Orange Sauce
2 cups Mixed Field Greens or Mesclun Mix
Wasabi Vinaigrette (recipe below)
Scallions, for garnish

Prepare the Wasabi Vinaigrette per recipe, reserve.

Place the fillets in a resealable food-grade bag and add 1/2 cup of the marinade. Marinate, refrigerated, for 30 minutes.

Preheat the grill to medium-high and grease the grill grates with an oil-soaked folded paper towel. Season swordfish fillets with salt, and pepper. Place on the preheated grill and cook for 3 minutes; turn the fillets 90 degrees and cook another 2 minutes. Flip the fillets, brush with Agent Orange Sauce and cook, covered, for another 4 minutes or until the fillets just begin to turn opaque and start to flake. Remove from grill and keep warm.

(Chef's note: This recipe could also be prepared using a contact grill or a stovetop cast iron grill pan instead of an outdoor grill.)

In a mixing bowl, dress salad greens with Wasabi Vinaigrette and reserve.



Wasabi Vinaigrette

1 teaspoon finely minced shallot
1 clove garlic, finely minced
1/2 teaspoon grated fresh ginger
1 1/2 teaspoons Wasabi powder (or more, to taste)
1 tablespoon Dijon mustard
1 teaspoon granulated sugar
1/4 cup rice wine vinegar
2/3 cup good quality olive oil
Coarse kosher salt, to taste
Freshly ground black pepper, to taste

Combine shallot, garlic, ginger, Wasabi, mustard, sugar, and vinegar in a bowl; whisk. Gradually whisk in the olive oil. Season with salt and freshly ground black pepper. Refrigerate at least 1 hour to allow the flavors to incorporate. Whisk well before use.

Yield: 1 cup

Vegetable Medley

1/2 cup julienne carrots
1/2 cup sugar snap peas
1 tablespoon sesame oil
1 teaspoon minced ginger
1 teaspoon minced garlic
1/2 cup sliced red bell pepper
1/2 cup sliced yellow onion
1/2 cup sliced shitake mushrooms
Coarse kosher salt and freshly ground black pepper
1 teaspoon toasted sesame seeds

Bring a medium saucepan half-filled with salted water to a boil over medium heat. Add the carrots and cook for 2 minutes. Add the sugar snap peas and cook another 2 minutes. Drain into a colander and shock the vegetables in an ice bath. Drain and reserve.

Heat a large skillet over medium heat and add the sesame oil. When the oil is hot, add the ginger and garlic; cook for 15 seconds. Add all the vegetables and sauté for 2 to 3 minutes stirring often. Season to taste with salt and pepper; garnish with sesame seeds.



Roasted Potatoes with Garlic & Thyme

10 small (gourmet size) Red Bliss potatoes
1/4 cup olive oil
2 tablespoons unsalted butter
3 cloves garlic, peeled and finely minced
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh flat leaf parsley
Coarse kosher salt and freshly ground black pepper, to taste

Preheat the oven to 350 degrees F.

Scrub the potatoes with a brush and dry with a paper towel. If using larger potatoes, cut them in half or in quarters, depending on their size. Pour the olive oil into a large cast-iron skillet and heat in the oven 10 minutes before adding the potatoes.

Shake the pan several times during cooking. Roast the potatoes 45 minutes or until crisp and tender. Remove potatoes from the oven. Drain the potatoes on paper towels; then place in a serving dish.

In a small skillet, melt the butter, and then add the garlic and sauté until light golden brown. Add the chopped herbs to the garlic butter, stir together quickly, and remove from the heat. Pour the garlic-herb butter over the potatoes; season with salt and pepper.

Lemon Butter

1/3 cup unsalted butter
2 cloves garlic, pressed
3 tablespoons fresh lemon juice
1 tablespoon chopped fresh flat leaf parsley
Coarse kosher salt and freshly ground black pepper, to taste

In a small saucepan over low heat, melt the butter. Add the remaining ingredients, stir to combine. Remove from the heat and allow to cool. Using waxed paper, form the compound butter into a log and freeze to solidify.



Cooking & Presentation



For service: Mound dressed salad greens onto a service plate. Layer swordfish fillet on the field greens, dot with compound butter and pipe with Agent Orange Sauce. Arrange the vegetables and roasted potatoes on the plate. Garnish with minced scallions and serve.