

Golden Eagle Jersey Bluefish on the Half Shell

This is a simple, yet incredibly flavourful dish inspired by a Red Fish Recipe I enjoyed during one of my visits to the Bourbon House in New Orleans. Several restaurants serve a Redfish on the half shell but Bourbon Street has the best!

I would not normally use so much butter or fat in a recipe, but it tastes too good!

This is as close as you can come to their recipe with a “Jersey” flair.

Ingredients, (One Serving)

10-12 oz - Scale & skin on Blue Fish (You may prefer to scale and leave skin)

Olive oil – minimal amount brushed on each filet, both sides

Preferably Kosher salt sprinkled liberally on skin side, lightly on meat side.

Fresh

Ground pepper to taste

¼ ea - Red onion, sliced and grilled

Handful - Frisée lettuce (2-3oz)

2 T approx. - Balsamic vinegar

¼ lb - Small Red Skin potatoes, boiled with a quality crab boil in the water. (Old Bay or equal)

Brush the flesh side of the Bluefish with olive oil and season well with kosher salt and black pepper. Place the fillets on a hot grill, scale side down, for 5 minutes, or until the skin is seared. Remove the fish from the grill and place it in a broiler set at 350° for 3-5 minutes. Toss the red onion and frisée with the balsamic vinegar. Top the Bluefish with the warm onion salad. Serve with the creamer potatoes and a small dish of warm lemon beurre blanc. (Butter Sauce)

For a more interesting flavour, top Bluefish with sautéed Jersey Blue Claw Crab Meat or Jumbo Lump Crab meat. And a touch of seasoned Panko Crumbs! WOW.

Lemon Beurre Blanc

Enough for about 8 servings

1 ea - Shallot, chopped

1 T - Oil

2 ea - Lemons, peeled

1 t - Fresh thyme

1 t - Peppercorns

1 ea - Bay leaf

1 C - White wine

½ C - Cream

2 lbs - Unsalted butter, chopped and chilled

Kosher salt and white pepper to taste

Lightly sauté shallot in oil. Add the lemons, thyme, peppercorns, bay leaf and white wine. Reduce by 1/3. Add the cream and reduce by ½. Add the butter piece by piece, stirring to incorporate after each addition. Season to taste with salt and white pepper. Strain through a china cap before serving.