

Pan-Roasted Wreckfish with Chanterelle Mushroom Butter & Corn Succotash

Recipe courtesy of Chef William Dissen

SERVES 4



INGREDIENTS

Mushroom Butter:

- 4 ounces chanterelle mushrooms, cleaned and coarsely chopped
- 1 tablespoon canola/olive oil blend
- ¼ teaspoon kosher salt, plus extra as needed
- 1 cup white wine
- 1 small shallot, quartered
- 1 clove garlic
- 1½ inch piece fresh ginger, peeled and thinly sliced
- 2 sprigs fresh thyme
- ½ teaspoon whole black peppercorns
- 1 bay leaf
- ½ of a lemon
- ½ cup heavy cream
- 8 tablespoons unsalted butter
- pinch freshly ground black pepper, plus extra as needed

Corn succotash:

- 2 cups corn kernels
- ¼ cup sliced okra
- ½ cup cooked green butter beans
- 1 tablespoon canola/olive oil blend
- 1 tablespoon finely chopped shallot
- 1 clove garlic, finely minced
- ½ cup vegetable broth or water
- 8 cherry tomatoes, halved
- 1 tablespoon unsalted butter
- 1 tablespoon hot sauce, preferably Frank's Red Hot Sauce
- 1 tablespoon chopped fresh herbs, basil, thyme and/or parsley
- juice of 1 lemon
- kosher salt and freshly ground black pepper to taste

Wreckfish:

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| 4 | 6-ounce boneless skinless Wreckfish filets | 4 | sprigs fresh thyme |
| ½ | teaspoon kosher salt | 3 | cloves garlic |
| ¼ | teaspoon freshly ground black pepper | ¼ | cup thinly sliced radish |
| 2 | tablespoons canola/olive oil blend | ¼ | cup small basil leaves |
| 3 | tablespoons unsalted butter | | |

DIRECTIONS

To prepare the mushroom butter:

Place a large sauté pan over high heat and add the oil. Add the mushrooms and salt and pepper. Cook, stirring occasionally, until the mushrooms are lightly golden and starting to release their liquid. Set aside.

Place a medium saucepot over medium high heat, and add the white wine, shallot, garlic, ginger, thyme, black peppercorns, and bay leaf. Squeeze the juice from the lemon and add it and the body of the lemon to the pot. Reduce to a syrup glaze, 1 to 2 tablespoons. Add heavy cream and reduce by ⅓. Strain into a small saucepot and place over low heat. Whisk in the butter 1 tablespoon at a time. Taste and season to taste with additional salt and pepper. Set aside. This can be done up to 2 hours ahead of time. When ready to serve over fish, add chanterelles to butter sauce and gently reheat over low heat.

To prepare the succotash:

Place a sauté pan over medium high heat until a drop of water bounces off the surface. Add the corn and okra and sear until both are evenly browned all over, 5 to 6 minutes. Remove from pan and set aside.

Wipe the pan clean, add the oil and return to medium high heat. Add the shallot and garlic and cook until translucent, 2 to 3 minutes. Add the corn, okra, butter beans, and vegetable broth or water. Bring to a boil, reduce the heat to a simmer and cook 4 to 5 minutes or until the vegetables are glazed and fully cooked. Add the tomatoes, butter, Frank's Red Hot sauce, and chopped herbs. Season to taste with salt, pepper and lemon juice. Adjust seasoning as necessary.

To prepare the Wreckfish:

Preheat oven to 500°F. Pat the fish filets dry on all sides with paper towels. Season on both sides with the salt and pepper. Place the oil in a large sauté pan and set over medium high heat until oil shimmers. Place Wreckfish into the pan and cook until golden on both sides, about 2 minutes per side. Place the pan in the preheated oven and cook fish until it reaches an internal temperature of 145°F.

Remove the fish from the oven and place the pan over high heat and add the butter, thyme, and garlic cloves. Allow the butter to foam and baste the fish 8 to 10 times to finish cooking and glaze. To serve, place each piece of Wreckfish on a plate with some succotash. Spoon chanterelle butter over fish and garnish succotash with sliced radish and basil leaves.