



**ROASTED WILD TURBOT WITH SALSIFIS, BLACK TRUFFLES,
ALMONDS, AND RED WINE**

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A FILET OF WILD ATLANTIC TURBOT IS LIGHTLY FLOURED IN ALMOND FLOUR AND ROASTED IN BUTTER WITH THYME AND GARLIC. THE FISH IS SERVED ON A BED OF SALSIFIS ROOT GLAZED WITH BUTTER, TRUFFLES AND TRUFFLE JUICE. THE DISH IS GARNISHED WITH TOASTED ALMONDS AND SHAVED BLACK TRUFFLES AND FINISHED WITH A SMALL ENDIVE AND TRUFFLE SALAD, SALSIFIS CHIPS AND A RED WINE BASED LOBSTER SAUCE.

GLAZED SALSIFIS

- 24 ea Batons of cooked Salsifis (4 inches long, trimmed)
- 3 Tbsp Whole butter – regular butter which has not been clarified
- 3 Tbsp Chicken stock
- 1.5 Tbsp Truffle juice
- 3 Tbsp Italian parsley
- 2 Tbsp Whole almonds (toasted and crushed)
- 2 Tbsp Chopped Black Truffle
- Salt and Pepper: To taste

Heat the butter in a heavy pan and add the Salsifis as it begins to mousse. Brown the Salsifis in the browning butter and glaze with the stock, then the truffle juice. Add the parsley, almonds and truffles and adjust the seasoning and set aside.

COOKED SALSIFIS

- 2 Lb Fresh Salsifis Root
- 1 Tbsp Vitamin C powder
- 1 Gal Whole milk
- 1 Bunch fresh Thyme
- 2 ea Bay leaves
- Salt: to taste

Dilute the vitamin C in ice water. Peel the Salsifis and trim into approximately the same width and length then store in the water until ready to cook. Place the Salsifis in the cold milk with the aromats and season lightly, then simmer over low heat and gently cook the Salsifis until tender. Cool the cooked Salsifis in the milk over an ice bath until thoroughly cooled and reserve the Salsifis in the liquid until needed.

RED WINE LOBSTER SAUCE

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| 10 ea | Lobster bodies (tomalley removed) | 1 Bunch | fresh Thyme |
| 4 Tbsp | Olive Oil | 1 ea | Bay leaf |
| ½ c | Butter | 20 ea | Black peppercorns |
| ¾ c | White Onions | 250 ml | Red wine vinegar |
| ¾ c | Carrots | 3 L | Cabernet wine |
| ½ c | Celery | 2 Gal | Chicken stock |
| 2 ea | Whole heads of garlic (cut in half) | 4 Tbsp | Butter |
| 1 c | Tomato scraps (seeds removed) | 1 Tbsp | Red wine vinegar |
| | | | Salt and Pepper: to taste |

Cut the lobster bodies in half and then in half again, drain and dry well then heat a rondo over high heat and add the oil,- place the lobster bodies, cut side down, in the rondo and allow to color lightly. Add the halved garlic heads and the butter and brown lightly, and then add the small cut vegetables, bay, peppercorns and thyme into the browning butter and color lightly. Deglaze with 250 ml of vinegar and reduce to dry. Add the red wine and simmer, reduce the wine down to one cup of reduction and add enough cold chicken stock to just cover the bones by one inch. Simmer the sauce for one hour over low heat, skim sauce as it simmers. Strain sauce and reduce to sauce consistency (nappe – thick enough to cover a spoon) and add butter, then adjust with the remaining raw vinegar, season and strain through a fine china cap and place the sauce in a squirt bottle and reserve warm until needed.



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ENDIVE SALAD

- 1 c White Endives (fine julienne)
- 2 tsp Julienne fresh Black Truffle
- 1 tsp Shaved radish
- 1 Tbsp Truffle vinaigrette
- Salt and Pepper: to taste

Moments before serving, toss all of the ingredients together for the salad garnish on the fish.

TRUFFLE VINAIGRETTE

- 1 Tbsp Meyer lemon juice
- 1 Tbsp Truffle juice
- Salt and Pepper: to taste
- 8 Tbsp Manni *Per mio figlio* Olive Oil, or other organic, first-press extra virgin olive oil

Combine the truffle and lemon juice together and dilute the seasonings, then add the oil and emulsify well.

PRESENTING THE DISH

- 16 oz Glazed Salsifis
- 16 oz Red Wine Lobster Sauce
- 8 ea Roasted Turbot Portions
- 8 oz Endive Salad
- 8 ea Salsifis Chip
- French Breakfast Radish, sliced thin: to taste
- Olive Oil: to taste

Arrange the Glazed Salsifis in the center of a plate and drizzle around with Red Wine Lobster Sauce. Arrange the Roasted Turbot on the salsifis and garnish the top with the small Endive Salad. Garnish with Radish, Salsifis Chip and drizzle of Manni olive oil.

SALSIFIS CHIP

- 4 ea Salsifis Root (peeled, long and large)
- 2 Tbsp Olive Oil
- Salt and Pepper: to taste

Preheat a convection oven at 235°F with the fan on. Slice the Salsifis lengthwise as thin as possible and arrange evenly on a 'press pan' fitted with a piece of parchment paper and season, then cover them with another piece of parchment and then another press pan on top. Bake for 25 minutes then check them, rotate and bake for another 10 minutes, or until light golden brown and crispy. Once cooked, remove from pan and reserve at room temperature.

ROASTED TURBOT

- 8 ea Portions of Wild Turbot (3 oz. each)
- 1 c Wondra flour – quick-mixing flour for sauces and gravies
- 1 c Blanched Almond flour
- 1 Tbsp Olive Oil
- 2 Tbsp Butter
- Salt and Pepper: to taste

Season the fish well with salt and pepper and dredge lightly in the combined flour, removing any excess. Heat a heavy pan over medium heat and add the oil, allow oil to reach light smoking point and add the fish (presentation side down) and color lightly. Add the butter and roast in a 400°F oven, basting occasionally with the browning butter. Flip the fish over and resume the cooking by continuing to baste on the stovetop. Remove fish from the pan and allow it to drain on a resting rack and serve immediately.



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