



Grilled Local Cobia with Tunisian Vegetable Salads

-Zach Bell, Chef de Cuisine, Café Boulud Palm Beach, Palm Beach, Florida

Makes 8 entrées

8 each skinless cobia fillet portions, 6oz. each
4 Tb chermoula, recipe follows
4 each small white turnips, peeled and shaved paper-thin
½ each daikon radish, peeled and shaved paper-thin
¼ cup lemon juice
to taste salt
1 each orange, zested
½ cup cilantro leaves, torn
3 each Japanese eggplant, cut into ½ inch thick half-moons
4 Tb olive oil
1 Tb tabil spice mix, recipe follows
¼ cup cilantro leaves, torn
2 each lemons, juiced
3 Tb extra virgin olive oil
2 each red peppers, roasted, peeled, seeded
2 each yellow peppers, roasted, peeled, seeded
1 each onion, julienne
2 Tb olive oil
¼ cup Moroccan oil cured olives, pitted, quartered
½ cup parsley leaves, torn
2 Tb extra virgin olive oil
2 tsp sherry vinegar
4 each carrots, cut into small obliques
1 each garlic clove, shaved paper-thin
1 tsp cumin seed, toasted and coarsely ground
2 Tb olive oil
1 tsp prepared harissa
1 each red onion, fine julienne
1 each lemons, juiced
2 each extra virgin olive oil

Turnip and Radish Salad:

Mix the turnip and radish in a non-reactive metal bowl and sprinkle with the lemon juice and salt. Let sit for at least an hour to soften the vegetables. Just before serving add the orange zest and cilantro. Taste again for salt and lemon- both should be prominent. This salad is best chilled.

Recipe continued on next page.

**Eggplant Salad:**

in a large non stick sauté pan heat the olive oil over high heat. Sauté the eggplant until tender. Season with salt and pepper. Add the tabil, toss for 20 more seconds then remove to a sheet pan to cool. When completely cool season with the lemon juice, olive oil, salt and pepper. Stir in the cilantro, place in a bowl and reserve in the refrigerator.

Roasted Pepper Salad:

In a small non stick sauté pan, sauté the onion in the olive oil over medium heat. Cook until tender and lightly browned. Remove to a medium bowl. Julienne the peppers and add to the onions. Add the olives and season with the sherry vinegar and extra virgin olive oil. Finally, stir in the parsley and reserve in a cool place.

Carrot Salad:

In a medium pan over medium heat gently sauté the carrots in olive oil, allowing them to take on a little color. When the carrots are almost tender, lower the flame and add the garlic and the cumin. Sweat for a few seconds and then stir in the harissa along with 2 tablespoons of water. Remove to a metal bowl and allow to cool to room temperature. When cool add the red onion julienne and season with the lemon juice, extra virgin olive oil, salt and pepper. Let stand at room temperature.

For the Cobia:

Rub the cobia fillets with the chermoula. Over medium hot coals, grill the cobia for about 1 minute on each side achieving a nice crosshatch pattern. Cobia is best cooked medium or under. Plate the Cobia; brush with olive oil and squeeze some lemons over top.

On 8 large plates, place a small pile of each salad at four points on the plate. Slice the cobia into 4 even slices and place in between the salads. You may serve extra lemons and olive oil if desired.

Chermoula:

1 Tb cumin seed
3 Tb coriander seed
1 Tb ginger, fine dice
2 ea garlic, minced
3 ea chili; dry
2 tsp paprika
2ea lemons, juiced
3 oz. olive oil
salt & pepper to taste
water as needed

In a mortar and pestle, grind the above ingredients into a fine paste.

Tabil Spice Mix:

3 Tb coriander seed
1 Tb caraway seed
2 ea garlic cloves
2 tsp chili flakes

In a mortar and pestle, grind ingredients into a fine powder.

For more information on Zach Bell and Café Boulud Palm Beach, please visit

www.danielnyc.com/cafeboulud_palmbeach/about.html

For more recipes and tips, please visit us at www.brownetrading.com