

Potato Crusted Grouper

Crawfish Etouffée, Chive Crème

(Serves 6)

Etouffée:

¾ cup	Flour
½ cup	Vegetable Oil
1 Tbs	Soby's Creole Seasoning, see page 204
½ tsp	Dry Thyme
½ tsp	Fresh Ground Black Pepper
1 pinch	Cayenne Pepper
2 Tbs	Olive Oil
¼ cup	Red Bell Peppers, diced
¼ cup	Yellow Bell Peppers, diced
¼ cup	Red Onions, diced
½ cup	Scallions, thinly sliced
1 cup	Celery, diced

1 Tbs	Fresh Garlic, minced
14.5 oz	Diced Tomatoes (canned)
4 cups	Chicken Stock
1 tsp	Pepper Sauce
¼ cup	Worcestershire Sauce
1 lb	Crawfish Tails Salt

Chive Crème:

¼ lb	Fresh Chives
1 cup	Spinach Leaves
1 pint	Heavy Cream Salt

Rice:

2 cups	Long Grain White Rice
4 cups	Water
1 Tbs	Salt

Grouper:

4 Tbs	Olive Oil
6 6-oz	Grouper Filets, skin removed
2 cups	Potato Chips, crushed

"Grouper is by far the most popular fish in the Carolinas. This is certainly true at Soby's. Here is one of our favorite presentations. The etouffée is great on its own as well."

For the Etouffée: Make a roux by heating the flour and oil in a saucepan and whisking for approximately 4 minutes. Sauté the spices in the roux for about 1 minute then add the peppers, onions, scallions, and celery. Cook until the vegetables are soft and lightly caramelized. Add the tomatoes, stock, pepper sauce, and Worcestershire sauce, and cook for 15 minutes. Add the crawfish tails and cook for about 5 more minutes. Season to taste with salt. Keep warm until ready to serve.

For the Crème: Blanch the spinach and chives for 10 seconds and shock (see the method on page 131). Squeeze to remove the excess water and finely chop. Place the chives and spinach in a blender with half the cream and purée until smooth. Remove the mixture from the blender and whisk in the remaining cream. Season to taste with the salt. Refrigerate until needed.

For the Rice: Rinse the rice under cold running water.

Place the rice, water, and salt in a saucepan over high heat and bring to a boil. Boil for approximately 5 minutes. Stir the rice once and then cover the pot. Reduce the heat to low and continue to cook for 15 minutes. Turn off the heat and allow the rice to rest covered for 5 minutes. Fluff with a fork.

For the Grouper: Heat half the olive oil in a large sauté pan. Press one side of each grouper filet into the crushed potato chips and place three of them, potato side down, in the olive oil. When the crust is golden brown, flip the filets and reduce the heat. Continue to cook the filets until the fish is completely opaque and flakes easily, approximately 8 minutes, depending on how thick the filets are. Remove the fish to a warm oven while you cook the other three filets using the remaining oil.

Finish the Dish: Ladle some etouffée into a deep-rimmed plate or pasta bowl. Place a scoop of the rice in the center of the etouffée. Lay the grouper on top of the rice and garnish with the chive crème.

Pairing Suggestion: Chardonnay (Sonoma, Napa, or Australia). This dish matches well with a substantial Chardonnay. Choose a big-flavored wine to complement the garlic, chives, and the grouper itself.

