CHEF ALAN HUGHES



ABOUT FISH

STRAIGHTFORWARD
HOME COOKING

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ABOUT FISH

StRAiGHtFoRWARd

HoME cookinG

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pHotoGRApHy **BIll WISSer**

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ABOUT AlAn

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ABOUT AlAn

Alan Hughes is a Miami-based argentine chef with 30 years of international experience. He began his career with Francis Mallmann in Argentina, graduated from the international culinary center in new york, and worked under several renown chefs in new york, Miami, ibiza, Mexico and Jamaica. He has attended congresses worldwide, has appeared as guest in many tV shows, and has extensive experience in consulting, recipe development and catering. He owned a few emblematic restaurants in Miami and recieved several recognitions, including the James Beard Rising star chef of American cuisine Award. He co-founded an outreach program in Miami called Higher Ground, has a Food Blog and is the producer and Writer of All of the above, a travel and food show on youtube. His website is www.chefalanhughes.com.

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InTrO

ABOUT FISH And IngredIenTS

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InTrO

this book was conceived out of a need to overcome the intimidation a home cook has when cooking fish. it is intended to encourage you to be adventurous, to step out of your cooking comfort zone and work with fish you haven’t dared to before.

the recipes in this book include ingredients you should be able to get in markets close to you and each recipe features a different technique to apply. the inspiration for the dishes was drawn from different parts of the world. it is intended to serve you as an example and encouragement to try dishes on your own.

ABOUT FISH And IngredIenTS

Fish is a beautiful thing, it can be delicate and subtle and it can be robust and oily.

in essence, cooking fish is simple: you can easily use just lemon, salt and extra virgin olive oil and that’s all you need to exalt its goodness. Simplicity is the number one approach.

the way you cook fish is crucial to its success: it is very easy to ruin fish by

overcooking, undercooking or over seasoning it and it takes very little to do so, so mastering the right touch ought to be your goal.

Gathering the best possible ingredients is crucial for a successful dish. Evidently, that means getting acquainted with markets where you can buy the best products.

When buying fish your first resource ought to be what lives in the closest natural river, lake or ocean. Find out from fishermen and fishmongers in your area what they catch and sell, ask them what's farm-raised or wild, what's local and what is flown in. Always demand good quality fish.

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Another option is farmer's markets which, thankfully, are increasingly available worldwide. in general, there you can find an awareness of a much more wholesome sense of seasonality and freshness. Fruits and vegetables can become blemished when the season is almost over. Fish have seasons as well, and thus availability is what should be taken into consideration when planning a menu or creating a dish.

Use what's in season because it's fresh.

part of this book's idea is to encourage you to maybe pick up ingredients in a market impulsively, without actually thinking what you will be doing with them u you are in the kitchen and you begin the execution. Be visceral, be intuitive.

Approaching bold combinations is meant to encourage you to be adventurous when combining dishes and flavors on your own. Be spontaneous.

ABOUT leArnIng FrOm eAcH dISH

this book covers a wide range of techniques and styles concerning fish. pick which-ever one and execute it.

Set an objective, look at the result and see what worked, what didn’t and what can be improved. this book is intended to make you feel confident.

ABOUT enjOyIng A meAl

i am a firm advocate of taking time to enjoy a meal and i endorse three hour lunches. that doesn’t mean just eating slowly but taking the time to enjoy the whole experience; planning the meal, buying the ingredients, preparing them, taking the time to set up a table and sitting down with friends and family.

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THe eqUIpmenT

i do not believe in having too many things, but rather having the right things or instruments for the right job. i do not care about having lots of different knives either.

i think that a good big heavy chef knife, a thin flexible fish knife and a paring knife should be enough. keep knives very sharp and get a classic sharpening stone.

Some useful utensils i recommend having are flexible fish spatulas, a pair of tongs, regular metal spatulas, a good large cutting board, metal bowls, kitchen towels, good sauté pans, cast iron pans, pots, oven pans, whisk and rubber spatulas.

one very useful utensil is a rectangular metal pan with holes, in which you can place fish wrapped up and covered with ice in the refrigerator. it fits into another metal pan of the same size, to gather the water from the melting ice.

THe pAnTry

i suggest you stock up your pantry ahead of time.

Use kosher or coarse ground sea salt to season pretty much everything. i like the feel of salt in my fingers, it gives me control of what i am seasoning.

i also like Maldon salt, which is crunchy. it adds a nice texture when finishing dishes.

i use extra virgin olive oil liberally for many uses. Buy a generic brand for some preparations and a good quality one for finishing drizzles in some of the dishes.

Extra virgin olive oil comes from different regions in the world and just like wine, the terroir and the type of olive affects its flavor. Find what region or country's oil you best relate to, or use them all.

i use regular olive oil essentially for sautéing. other oils i use are canola or vegetable if i am deep frying, as well as sesame oil for drizzling and finishing touches.

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recIpeS

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recIpeS

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yellOWFIn TUnA pOke

12 ounces of tuna

2 tablespoons Sriracha

2 tablespoons yuzu divided

2 scallions sliced thinly

1 Haas avocado

1/2 red onion

celery tops

2 cups sushi rice

3 cups water

1 tablespoon rice wine vinegar

1 tablespoon sugar

Rinse the rice under cold running water, massaging it with one or two hands until the water runs clear.

you might need to change the water about 10

times. drain and let sit in the colander for about 15

minutes. combine the rice with the water in a pot, bring to a boil and cover. Lower the heat and cook until the water has completely evaporated. Uncover, let the cooked rice sit for 10 minutes and transfer it with a wooden spoon to a wooden bowl. Use a fan

to blow some cold air to the rice so the rice cools down quickly.

Mix the sugar with the rice wine vinegar, drizzle over the rice, mix gently and set aside.

cut the tuna into bite size pieces and toss it with **AlAn HUgHeS 14 ABOUT FISH**

AlAn HUgHeS 15 ABOUT FISH

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yellOWFIn TUnA pOke

12 ounces of tuna

2 tablespoons Sriracha

2 tablespoons yuzu divided

2 scallions sliced thinly

1 Haas avocado

1/2 red onion

celery tops

2 cups sushi rice

3 cups water

1 tablespoon rice wine vinegar

1 tablespoon sugar

Rinse the rice under cold running water, massaging the Sriracha, half the amount of yuzu and sliced it with one or two hands until the water runs clear.

scallions. Let the mixture rest well refrigerated for you might need to change the water about 10

about ten minutes.

times. drain and let sit in the colander for about 15

take a metal ring mold and place it over one of the minutes. combine the rice with the water in a pot, serving plates, with wet hands take a small handful bring to a boil and cover. Lower the heat and cook of rice and press it in the bottom of the ring mold.

until the water has completely evaporated. Uncover, cut the avocado into squares

the size of small dice let the cooked rice sit for 10 minutes and transfer it and toss with the remaining yuzu juice. place the with a wooden spoon to a wooden bowl. Use a fan

avocado over the rice and press gently.

to blow some cold air to the rice so the rice cools With the ring still in place add enough tuna for one down quickly.

order pressing gently so it keeps the form.

Mix the sugar with the rice wine vinegar, drizzle over take the ring off, repeat with the remaining dishes, the rice, mix gently and set aside.

decorate with extra sliced scallions, celery tops and cut the tuna into bite size pieces and toss it with serve.

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AlAn HUgHeS 17 ABOUT FISH

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FlOUnder In mUSTArd creAm SAUce pOmpAnO WITH rAISInS And HeArTS OF pAlm

Ingredients for 4 servings

Ingredients for 4 servings

4 fillets of flounder

4 fillets of pompano

1 1/2 cup heavy cream

2 tablespoons olive oil

2 tablespoons dijon mustard

3 tablespoons of chopped scallions

10-12 whole chives

1 cup sliced fresh hearts of palm

4 tablespoons chopped parsley

4 tablespoons raisins

3 tablespoons capers

1/2 cup of dry white wine

2 garlic cloves

6 tablespoons of tender celery leaves

2 medium yukon gold potatoes

4 tablespoons of butter

peel the potatoes and place in a bowl with water.

in a small bowl whisk the dijon, heavy cream and this is another dish done a la minute and it is

With a melon baller make about 20 - 25 pieces of chopped garlic until combined. pour the mixture in important that all ingredients are prepared ahead potatoes. place in a small pot with water and cook the pan and over the fish, the cream should come of time before the execution. it is important to have until they are almost cooked. drain and set aside.

to almost the same height of the fish, season again guests ready to eat before starting to execute, the this is called potatoes noisette.

lightly with salt and white pepper and sprinkle the process should take around 10 minutes.

Meanwhile take the flounder fillets and lay them in capers.

With a sharp knife score three times each fillet of an ovenproof pan, preferably in a terracota or clay Bake in a 400-degree farenheit oven for about

fish. do so by making three sharp cuts of the skin shallow one that you can use to serve once the fish 15-20 minutes or until the fish is soft and moist and in diagonal. Season the fish with salt and pepper on is cooked.

the cream has somewhat reduced to a slight thick each side.

Season with salt and white pepper on both sides.

consistency.

Heat a large sauté pan with the olive oil over

Surround the fish with the cooked potatoes noisette.

Sprinkle with chopped parsley and chives, and serve.

medium-high heat. place the fish skin side down first to get a nice sear. Sear for about four minutes or until the skin takes a light brown color and crispy skin. Flip the fish and cook for about two or three **AlAn HUgHeS 20 ABOUT FISH**

AlAn HUgHeS 21 ABOUT FISH

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FlOUnder In mUSTArd creAm SAUce pOmpAnO WITH rAISInS And HeArTS OF pAlm

Ingredients for 4 servings

4 fillets of pompano

2 tablespoons olive oil

3 tablespoons of chopped scallions

1 cup sliced fresh hearts of palm

4 tablespoons raisins

1/2 cup of dry white wine

6 tablespoons of tender celery leaves

4 tablespoons of butter

in a small bowl whisk the dijon, heavy cream and this is another dish done a la minute and it is

minutes or until it is cooked through.

chopped garlic until combined. pour the mixture in important that all ingredients are prepared ahead take the fish out of the pan and place them on a the pan and over the fish, the cream should come of time before the execution. it is important to have plate and keep warm.

to almost the same height of the fish, season again guests ready to eat before starting to execute, the discard the oil, add half of the butter and when lightly with salt and white pepper and sprinkle the process should take around 10 minutes.

melted add the hearts of palm and raisins. Sauté for capers.

With a sharp knife score three times each fillet of about two minutes until the ingredients start opening Bake in a 400-degree farenheit oven for about

fish. do so by making three sharp cuts of the skin up, the pan should be

sizzling. Add the scallions and 15-20 minutes or until the fish is soft and moist and in diagonal. Season the fish with salt and pepper on deglaze the pan with the white wine.

the cream has somewhat reduced to a slight thick each side.

After two minutes or when the wine has reduced to consistency.

Heat a large sauté pan with the olive oil over

about five tablespoons of liquid, add the celery leaves Sprinkle with chopped parsley and chives, and serve.

medium-high heat. place the fish skin side down first and the remaining butter and turn the heat off.

to get a nice sear. Sear for about four minutes or Swirl the pan until the butter is melted, check

until the skin takes a light brown color and crispy the seasoning and distribute the sauce over each skin. Flip the fish and cook for about two or three pompano fillet. Serve at once.

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AlAn HUgHeS 21 ABOUT FISH

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HOg SnApper crUdO

WITH preServed lemOnS And SHISO

Ingredients for 4 servings

12 oz hog snapper fillet without skin

1/2 lemon

4 tablespoons extra virgin olive oil

2 tablespoons chopped preserved lemons

3 Shiso leaves

kosher salt

Fleur du sel

this dish is all about precise seasoning.

Make sure the fish is very cold. With a very sharp acts as an accent here not as a curing solution.

fish knife slice the fish in an angle against the grain cut the shiso in chiffonade - very thin strips-trying to get very thin layers of fish. As you slice Sprinkle shiso over the fish, drizzle the fish on each them, already start placing them on a plate in a plate with extra virgin olive oil.

decorative manner. distribute the cut fish in four chop the preserved lemon very small almost

plates and make sure they are as flat as possible creating a paste and distribute it onto each fish in

-treat the fish with delicacy and soft hands.

each plate.

once the fish is arranged in the plates sprinkle the fish Finally season one more time the fish with fleur du generously with kosher salt and let the fish sit for a sel and serve.

few minutes. Squeeze the half lemon. Let a few drops of lemon juice fall on top of the fish. if you can count notE: preserved lemons can be purchased in

drops, literally seven drops per serving will do. Lemon specialty stores.

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HOg SnApper crUdO

WITH preServed lemOnS And SHISO

acts as an accent here not as a curing solution.

cut the shiso in chiffonade -very thin strips-

Sprinkle shiso over the fish, drizzle the fish on each plate with extra virgin olive oil.

chop the preserved lemon very small almost

creating a paste and distribute it onto each fish in each plate.

Finally season one more time the fish with fleur du sel and serve.

notE: preserved lemons can be purchased in

specialty stores.

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pArmeSAn-crUSTed SeA BASS WITH WHITe BeAn STeW

Ingredients for 4 servings

4 portions of sea bass 4 ounces each

8 tablespoons grated parmesan

1 1/2 cup of great northern white beans

1 small carrot

1 celery stalk

1/2 onion

Soak the white beans overnight. chop finely the

onion, carrot and celery. drain the white beans and discard the liquid. in a small pot heat up half of the oil. Add the onion, celery and carrot, thyme and bay leaves and sweat for about 4 minutes stirring with a wooden spoon.

Add the drained white beans, cover with 3 cups of vegetable stock, cover the pot with a lid and bring it to a boil.

once it is boiling reduce the heat and cook for about 40 minutes or until they become tender. Skim off any impurities rising to the top of the liquid.

if the beans are cooked but there’s too much liquid left, take the lid off and cook an additional 5 to 10

minutes or until the liquid has reduced and reached the consistency of a light stew. the beans should be tender to the bite, not hard. Adjust the seasoning.

Season the portions of sea bass with salt and white pepper on all sides. Spread the parmesan on a

plate, place each portion of sea bass on the top side against the parmesan, lightly pressing with your hands until the parmesan coats one side of the fish uniformly. Repeat with all the fish portions.

place a large sauté pan with the remaining oil

over medium-high heat, place each portion of fish **AlAn HUgHeS 24 ABOUT FISH**

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pArmeSAn-crUSTed SeA BASS WITH WHITe BeAn STeW

Ingredients for 4 servings

4 portions of sea bass 4 ounces each

2 fresh bay leaves

8 tablespoons grated parmesan

2 sprigs of thyme

1 1/2 cup of great northern white beans

8 tablespoons olive oil

1 small carrot

3 - 4 cups of vegetable stock

1 celery stalk

opal basil leaves for garnishing

1/2 onion

Soak the white beans overnight. chop finely the

parmesan side down first. the parmesan on the fish onion, carrot and celery. drain the white beans and will begin melting and sticking to the fish, creating a discard the liquid. in a small pot heat up half of the thin brown crust. Make sure the heat is not too high oil. Add the onion, celery and carrot, thyme and bay or it will burn the parmesan.

leaves and sweat for about 4 minutes stirring with a cook for five minutes or until the crust takes a wooden spoon.

light brown color. With a thin fish spatula carefully Add the drained white beans, cover with 3 cups of dislodge the fish from the pan so you can flip each vegetable stock, cover the pot with a lid and bring it one. this step is tricky so be patient and careful to a boil.

when doing so.

once it is boiling reduce the heat and cook for about Flip the fish and cook on the other side for about 40 minutes or until they become tender. Skim off 5 to 6 minutes or until when touched on the side any impurities rising to the top of the liquid.

of each portion it feels cooked through but not

if the beans are cooked but there’s too much liquid overcooked.

left, take the lid off and cook an additional 5 to 10

it is crucial how to flip the fish since the parmesan minutes or until the liquid has reduced and reached will be hot and pliable. if when the fish is flipped the consistency of a light stew. the beans should be some of its parmesan crust becomes unstuck or

tender to the bite, not hard. Adjust the seasoning.

untidy simply fix it with your hand right away while Season the portions of sea bass with salt and white the parmesan is still warm.

pepper on all sides. Spread the parmesan on a

place a ladle of bean stew in the bottom of the

plate, place each portion of sea bass on the top side plate, place a portion of sea bass parmesan side up against the parmesan, lightly pressing with your and serve at once.

hands until the parmesan coats one side of the fish uniformly. Repeat with all the fish portions.

notE: Making the bean stew the day before will

place a large sauté pan with the remaining oil

improve greatly the consistency of the stew.

over medium-high heat, place each portion of fish you can substitute sea bass

with fluke or flounder.

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TerrIne OF SnApper WITH BeeTS, AppleS, pUmpkIn SeedS And HOrSerAdISH creAm

Ingredients for 4 servings

4 small snappers around 1 pound

3/4 cups of chopped dill

For the mousseline

each, split in half with no head and

2 tablespoons sherry vinegar

5 ounces white fish

opened butterfly

2 tablespoons apple cider vinegar

1/2 cup heavy cream

4 cups of large spinach leaves

6 tablespoons extra virgin olive oil

1 tablespoon thyme leaves

2 medium beets

2 tablespoons toasted fennel seeds

2 medium golden beets

2 medium granny smith apples

For the horseradish cream

4 tablespoons pumpkin seeds

1 cup Greek yogurt

3 tablespoons horseradish

Salt and pepper

For the mousseline, place the white fish in a food watch it and once it comes to a boil, reduce to a processor fitted with a blade, pulse the fish and add simmer. cook the fish around 30 minutes, take out of the cream in a quick stream. Blend until the mixture the water and place in an ice bath so it cools down is smooth and uniform. Season to taste, set aside and completely. then, refrigerate overnight.

refrigerate.

cover the unpeeled beets with water and a pinch

to start the terrine of snapper, bring a large pot of salt in a pot and bring to a boil. Lower the

with boiling salted water to a boil and blanch the temperature and cook covered between 50 to 75

spinach leaves by placing them under the water with minutes or until done. Repeat the process with the the help of a skimmer for about 15 seconds. take golden beets. Let the beets cool in the water and them out and place them directly into a bowl with then peel them. cut both in 1 inch cubes, place in ice cold water. once cold, take 6-8 leaves out and a mixing bowl separating the golden beets from

spread them open over paper towels. take a snapper the red beets and set aside. to the golden beets butterfly fillet and place it skin side down on a square add the apples cut in cubes, pumpkin seeds, apple of plastic wrap. Season with salt and pepper, cover cider vinegar, 3 tablespoons of the olive oil, salt and each side with spinach leaves and spread about 1/2

pepper. to the red beets add the sherry vinegar, 3

cup of mousseline mixture on top. close it, cover with tablespoons of the remaining olive oil, fennel seeds, plastic wrap and roll the sausage-like fillet of stuffed dill, salt and pepper.

fish until it is tight. tie the ends of the plastic with a Mix all ingredients for the horseradish cream in a quick knot. place the fish on top of another square of bowl, adjust the seasoning and set aside.

plastic wrap and repeat the process one more time.

to serve, unwrap each terrine and with a very sharp Bring a pot of salted water to a boil and gently place fish knife slice about 2 inches thick. place two slices the wrapped up fish into the water with plastic and in a plate with the golden beet-apple salad, the red all. Very likely the water temperature will lower, beet salad and drizzle with the horseradish cream.

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TerrIne OF SnApper WITH BeeTS, AppleS,

pUmpkIn SeedS And HOrSerAdISH creAm

For the mousseline

5 ounces white fish

1/2 cup heavy cream

1 tablespoon thyme leaves

For the horseradish cream

1 cup Greek yogurt

3 tablespoons horseradish

Salt and pepper

watch it and once it comes to a boil, reduce to a simmer. cook the fish around 30 minutes, take out of the water and place in an ice bath so it cools down completely. then, refrigerate overnight.

cover the unpeeled beets with water and a pinch

of salt in a pot and bring to a boil. Lower the

temperature and cook covered between 50 to 75

minutes or until done. Repeat the process with the golden beets. Let the beets cool in the water and then peel them. cut both in 1 inch cubes, place in a mixing bowl separating the golden beets from

the red beets and set aside. to the golden beets add the apples cut in cubes, pumpkin seeds, apple cider vinegar, 3 tablespoons of the olive oil, salt and pepper. to the red beets add the sherry vinegar, 3

tablespoons of the remaining olive oil, fennel seeds, dill, salt and pepper.

Mix all ingredients for the horseradish cream in a bowl, adjust the seasoning and set aside.

to serve, unwrap each terrine and with a very sharp fish knife slice about 2 inches thick. place two slices in a plate with the golden beet-apple salad, the red beet salad and drizzle with the horseradish cream.

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grIlled WHOle cOcOnUT-SnApper

Ingredients for 4 servings

4 whole red snappers

less than 1 pound each

For the marinade

4 tablespoons chopped ginger

2 tablespoons red curry paste

2 lemons

1 1/2 cup coconut milk

take each fish and lightly score them about 4 times on each side of the fish. to do so take a sharp knife and cut in diagonal and on a bias starting on the closest section of the head of the fish down to the tail making a cut every inch or so.

Repeat the process on both sides of the fish for all fishes.

cut a rectangle of aluminum foil and place each fish on top in the center. Fold lightly de sides of the foil so as to create an edge so when the marinade of the fish is placed on top it won’t fall off.

Mix the ingredients of the fish marinade and pour in the center of each fish and foil and gently close the fish so a package is created that keeps the fish and the marinade in it. Refrigerate the fish and let marinate at least 8 hours.

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grIlled WHOle cOcOnUT-SnApper

Ingredients for 4 servings

4 whole red snappers

For the sauce

less than 1 pound each

1/2 onion

2 tablespoons ginger

For the marinade

4 garlic cloves

4 tablespoons chopped ginger

2 tablespoons red curry paste

2 tablespoons red curry paste

1 bunch of scallions

2 lemons

1/2 bunch of cilantro

1 1/2 cup coconut milk

1/2 cup coconut milk

1 lemon

take each fish and lightly score them about 4 times For the sauce

on each side of the fish. to do so take a sharp knife Using a mortar and pestle, place the ginger, garlic and cut in diagonal and on a bias starting on the and a good amount of kosher salt and grind it until closest section of the head of

the fish down to the it becomes a chunky paste. Add the chopped onions, tail making a cut every inch or so.

curry paste, chopped scallions and cilantro. Work the Repeat the process on both sides of the fish for mortar and pestle until it breaks it down but keep all fishes.

it chunky. Add the coconut milk and lemon juice

cut a rectangle of aluminum foil and place each fish and mix until just blended. Adjust the seasoning and on top in the center. Fold lightly de sides of the foil set aside.

so as to create an edge so when the marinade of the fish is placed on top it won't fall off.

take the fish out of the marinade, pat dry with a Mix the ingredients of the fish marinade and pour paper towel and slightly spread some neutral oil in the center of each fish and foil and gently close on each side. on a hot grill place each fish and let the fish so a package is created that keeps the fish cook on each side for about 6 minutes or until it is and the marinade in it. Refrigerate the fish and let noticeably cooked. With a metal spatula flip the fish marinate at least 8 hours.

on to the other side. cook for 4 more minutes and take out of the grill.

place each fish on a plate, spread some of the sauce on top and serve immediately.

notE: you can use a grill basket for the fish instead of just placing the fish on top of the grill by itself.

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SWOrdFISH pOT pIe

Ingredients for 4 servings

For the dough

12 ounces swordfish

For the béchamel

2 cups flour

2 celery stalks

1 cup of milk

8 tablespoons cold butter

3 scallions

1 cup of heavy cream

1/2 teaspoon baking powder

5 ounces English peas

2 tablespoons flour

1 tablespoon salt

3 ounces oyster mushrooms

2 tablespoons of butter

5 tablespoons ice cold water

3/4 cups corn kernels

2 teaspoons salt

2 tablespoons butter

to make the béchamel boil the milk and set aside. in minutes until the mushrooms start softening, add the another pot melt the butter, add the flour and cook English peas, season with salt and pepper and set aside.

for about 3 minutes stirring with a wooden spoon.

take four medium ramekins, butter the insides and you should have a thin velvety paste. turn the fire distribute the mushroom mixture between all of

off and slowly add the hot milk in three additions them. distribute the béchamel between the four

stirring with a wooden spoon or a whisk after each ramekins and with a spoon mix the filling inside each addition. Bring back the mixture into the fire on and ramekin so the mixture is distributed evenly.

cook until the sauce begins getting thicker. Add the Slice the swordfish and place about three slices of heavy cream and set aside.

fish on top of the béchamel.

to make the pastry place the flour, baking powder, Roll out the dough until it is about 1/4 inch thick.

salt and butter cut into pieces in the bowl of a stand cut circles slightly bigger than the size of the up mixer with the paddle attachment on. turn the ramekins. place a piece of dough on top of each

mixer on at low speed and mix until the mixture

ramekin. pinch the dough so it sticks to the edges of resembles coarse cornmeal. Add the ice cold water the ramekins. With a fork gently poke several times until the mixture becomes a soft dough.

the tops of the dough.

Flatted the dough, wrap it in plastic wrap and

place in a 350 Fahrenheit oven and bake for about refrigerate for about 1 hour.

20 minutes or until the dough is light brown and in a medium sauté pan melt the butter and add the thoroughly cooked.

celery, mushrooms, corn and scallions. Sauté for a few Serve at once.

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SWOrdFISH pOT pIe

minutes until the mushrooms start softening, add the English peas, season with salt and pepper and set aside.

take four medium ramekins, butter the insides and distribute the mushroom mixture between all of

them. distribute the béchamel between the four

ramekins and with a spoon mix the filling inside each ramekin so the mixture is distributed evenly.

Slice the swordfish and place about three slices of fish on top of the béchamel.

Roll out the dough until it is about 1/4 inch thick.

cut circles slightly bigger than the size of the ramekins. place a piece of dough on top of each

ramekin. pinch the dough so it sticks to the edges of the ramekins. With a fork gently poke several times the tops of the dough.

place in a 350 Fahrenheit oven and bake for about 20 minutes or until the dough is light brown and thoroughly cooked.

Serve at once.

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plAnked BrAndAde de mOrUe

WITH SeA BeAnS And grIlled SHAllOTS

Ingredients for 4 servings

4 planks of wood

1 pound salted cod

1 cup milk

1 cup water

5 garlic cloves

1 pound of yukon gold potatoes

sprigs of thyme

Soak the cod in cold water for 24 hours, changing the water three times. drain it, discard the water and set aside.

place the cod with the milk, thyme, bay leaves and water in a small pot and cook at very low heat for about 30 minutes or until the cod is soft and flaky.

it is important not to cook the cod at high heat or it will become tough. Let the cod sit in the milk until it is lukewarm.

in a separate pot place the potatoes whole with

skin, cover with water and cook until the potatoes are cooked through. Make sure you do not overcook or let the potatoes break apart. take out of the water, let cool and peel.

take a small sauté pan, place half the amount of the oil and heat the crushed garlic cloves at low temperature until the flavors start opening up. Make sure the garlic doesn’t become brown.

drain the cod and place in a food processor

together with the potatoes, pulse a few times to break it apart, add the oil and garlic and process until smooth but not too thin. the mixture should be slightly

coarse and chunky.

Add the crème fraîche and panko and pulse until

combined.

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plAnked BrAndAde de mOrUe

WITH SeA BeAnS And grIlled SHAllOTS

Ingredients for 4 servings

4 planks of wood

2 bay leaves

1 pound salted cod

8 tablespoons extra virgin olive oil divided

1 cup milk

1/2 cup of ecrème fraîchee

1 cup water

1/4 cup of panko

5 garlic cloves

4 - 5 ounces sea beans

1 pound of yukon gold potatoes

4 large shallots

sprigs of thyme

2 tablespoons olive oil

Soak the cod in cold water for 24 hours, changing transfer to a bowl and keep at room temperature.

the water three times. drain it, discard the water this mixture is called a brandade.

and set aside.

Bring a small pot of water to a boil and add the sea place the cod with the

milk, thyme, bay leaves and beans. cook for about two minutes, drain and add water in a small pot and cook at very low heat for them to a small bowl with ice cold water.

about 30 minutes or until the cod is soft and flaky.

Soak the planks of wood in water according

it is important not to cook the cod at high heat to manufacturer's instructions, possibly

or it will become tough. Let the cod sit in the milk 3-4 hours.

until it is lukewarm.

dry them and spread 1/4 of the cod mixture,

in a separate pot place the potatoes whole with

each one of them in the center of each plank.

skin, cover with water and cook until the potatoes Make sure the layer of cod mixture is not too

are cooked through. Make sure you do not overcook thick. Repeat the process with the remaining

or let the potatoes break apart. take out of the planks.

water, let cool and peel.

Spread the sea beans on top of each plank, drizzle take a small sauté pan, place half the amount of with the remaining extra virgin olive oil.

the oil and heat the crushed garlic cloves at low place in a hot grill for about 30 minutes or until the temperature until the flavors start opening up. Make cod mixture starts acquiring a slightly brown color sure the garlic doesn't become brown.

on top. Grill the shallots tossed in the olive oil as drain the cod and place in a food processor

you are cooking the brandade.

together with the potatoes, pulse a few times to you can also use a grill with a cover so the heat break it apart, add the oil and garlic and process envelopes the whole plank-cod mixture. Make sure until smooth but not too thin. the mixture should be you check the plank doesn’t catch on fire and have slightly coarse and chunky.

a spray bottle with water close by to extinguish any Add the crème fraîche and panko and pulse until

possible flames.

combined.

Serve one plank per guest.

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AlAn HUgHeS 34 ABOUT FISH

AlAn HUgHeS 35 ABOUT FISH

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mOnkFISH WITH cHIck

peAS And TOmATO STeW

Ingredients for 4 servings

2 1/2 pounds of monkfish

For the rouille

For the rouille

4 tablespoons flour

2 yolks

place the garlic, yolk and lemon juice in a blender.

1/4 cup extra virgin olive oil

5 garlic cloves

combine the two oils and add them in a steady

1/2 cup of chopped scallions

1/3 cup lemon juice

stream to the running blender. Before all the oil is 3 large ripe plum tomatoes chopped finely

1/2 cup extra virgin olive oil

used up add the potato and continue adding the oil 2 tablespoons garlic pure

1 cup canola oil

until it is all finished. you should end up with a thick 1 cup cooked chickpeas

1/2 cooked skinless potato

garlicky mayonnaise. pour in a bowl, cover with

1 idaho potato

plastic and keep at room temperature.

2 tablespoons chopped basil

1/2 cup dry white wine

Sourdough toast

1/3 cup pitted Moroccan black olives

place the garlic, yolk and lemon juice in a blender.

4 slices of sourdough

combine the two oils and add them in a steady

stream to the running blender. Before all the oil is used up add the potato and continue adding the oil until it is all finished. you should end up with a thick garlicky mayonnaise. pour in a bowl, cover with

plastic and keep at room temperature.

clean the monkfish: place a loin of monkfish on a cutting board and with a thin fish knife clean-off the dark colored flesh. trim all the way until you end up with pure white monkfish meat. discard the trimmings. you might loose one third of the total amount of monkfish in trimmings. cut the monkfish in pieces the size of an apricot, season with salt and pepper and roll them in a small plate with the flour. Make sure all the sides of the fish are coated with the flour, shake off excess flour and set aside.

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mOnkFISH WITH cHIck

peAS And TOmATO STeW

For the rouille

in a large thick-bottomed sauté pan or a small

place the garlic, yolk and lemon juice in a blender.

rondeau, heat the oil; place half of the monkfish combine the two oils and add them in a steady

pieces and sear them so they end up lightly brown on stream to the running blender. Before all the oil is all sides. take out of the pan and add the remaining used up add the potato and continue adding the oil monkfish and repeat the process.

until it is all finished. you should end up with a thick Add all the monkfish pieces back to the pan, add the garlicky mayonnaise. pour in a bowl, cover with

scallions and cook for about 5 minutes.

plastic and keep at room temperature.

Add the garlic pure, cook for 3 minutes, season with salt and pepper and add the white wine. Let the wine Sourdough toast

reduce and add the chopped tomatoes.

place the garlic, yolk and lemon juice in a blender.

cover and cook for about 20 minutes in medium

combine the two oils and add them in a steady

heat until the tomatoes start breaking up and the stream to the running blender. Before all the oil is fish seems almost cooked. Monkfish takes a while used up add the potato and continue adding the oil to become soft so pay attention to the fish, if it is until it is all finished. you should end up with a thick a little tough let it cook longer. Add the potato cut garlicky mayonnaise. pour in a bowl, cover with

into cubes and the chick peas. cook for an extra 20

plastic and keep at room temperature.

minutes to make sure the fish is cooked through but not dry and the liquid has reduced and has taken a clean the monkfish: place a loin of monkfish on a slight thick consistency.

cutting board and with a thin fish knife clean-off the Add the basil and the black olives, serve the fish dark colored flesh. trim all the way until you end up into four plate-bowls and with a ladle spoon over with pure white monkfish meat. discard the trim-the sauce making sure to include potatoes and chick mings. you might loose one third of the total amount peas into each dish. Spoon a large dollop of the of monkfish in trimmings. cut the monkfish in pieces rouille and place a sourdough toast with it. Serve the size of an apricot, season with salt and pepper hot right away.

and roll them in a small plate with the flour. Make this dish is Mediterranean inspired, it is very hearty sure all the sides of the fish are coated with the flour, and makes a full meal just by itself.

shake off excess flour and set aside.

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SWOrdFISH WITH gUAjIllO

And pIneApple WrApped In BAnAnA leAveS

Ingredients for 4 servings

1 1/2 pound swordfish

1/4 red onion

2 dried guajillo chiles

1/2 lemon juiced

1/2 bunch of cilantro

1/4 pineapple

3 to 4 banana leaves

take the stems off the guajillos and combine in a small sauce pan with just enough water to cover; bring to a boil, reduce and cook for two minutes. Let it sit for about 15 minutes and then blend until you end up with a thin puree.

Set aside.

peel the pineapple, discard the core and slice it thin.

Slice the red onion thin and set aside.

cut the swordfish into large bite-sized pieces and place in a bowl. Add the lemon juice, 2 tablespoons of the guajillo puree, the sliced onions and the sliced pineapple. Season generously with salt, add **AlAn HUgHeS 38 ABOUT FISH**

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SWOrdFISH WITH gUAjIllO

And pIneApple WrApped In BAnAnA leAveS

Ingredients for 4 servings

1 1/2 pound swordfish

1/4 red onion

2 dried guajillo chiles

1/2 lemon juiced

1/2 bunch of cilantro

1/4 pineapple

3 to 4 banana leaves

take the stems off the guajillos and combine in a the torn leaves of cilantro and set aside.

small sauce pan with just enough water to cover; open up 2 large banana leaves and lay them out

bring to a boil, reduce and cook for two minutes. Let in a cross and place the fish in the center. Fold it sit for about 15 minutes and then blend until you the banana leaves over the fish so it resembles a end up with a thin puree.

package. Wrap another banana leaf if necessary

Set aside.

to make sure the fish and the liquid are contained peel the pineapple, discard the core and slice it thin.

within the package.

Slice the red onion thin and set aside.

place in a 400 F oven between 12 to 20 minutes.

cut the swordfish into large bite-sized pieces and check by opening up the banana leaves to make sure place in a bowl. Add the lemon juice, 2 tablespoons the fish is cooked through. place in a platter and of the guajillo puree, the sliced onions and the using scissors cut the center of the banana leaves sliced pineapple. Season generously with salt, add right in front of your guests at the table.

alan hughes interior ok.indd 39

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BeeT ScenTed grAvlAx WITH peAr SAUce Ingredients for 4 servings

2 pounds of salmon with skin

1 cup brown sugar

1 large bunch of dill

10 juniper berries crushed

1/4 cup St Germain liquor

2 pears

1/2 red beet

1/2 lemon juiced

1/2 golden beet

3 tablespoons extra virgin olive oil

1 cup kosher salt

For this dish you will be curing the salmon with a refrigerator and place a one-pound weight on top of mix of brown sugar and kosher salt, laying it with the

fish.

dill, sprinkling it with the St Germain liquor and Repeat the same process with the remaining

placing a weight on top of the fish. After three days ingredients utilizing the red beet instead of the refrigerated the Gravlax is done.

golden beet.

Mix the kosher salt and brown sugar in a bowl and After a day and a half, take the cake pans with the divide it into four equal parts. divide the dill into fish out of the refrigerator, flip the gravlax skin four equal amounts making sure you leave stems and side up. the fish will have released a syrupy liquid, leaves intact.

product of the dissolved sugar and salt mixture, no keeping the skin on the salmon fillet, cut it into two worries; that is fine. place the same weight over the equal pieces. take a metal cake pan large enough to fish for another day and a half. After a total of three hold one piece of the salmon and lay it with plastic days the gravlax will be ready.

wrap allowing the plastic to cover the bottom of the take the fish out of the fridge, remove the plastic pan and to leave a generous overhang.

wrap and scrape off all of the dill and grated beets take one part of the dill and place it over the plastic.

from the top. pat it dry with some paper towels.

Spread one part of the kosher salt-brown sugar

With a very sharp and skinny fish knife, slice the fish mixture over the dill and place one piece of the as thin as possible against the grain and as you slice salmon skin side down.

it place each one of the slices in the plate you are Grate the un-peeled golden beet and spread it over going to serve it in. Make a decorative arrangement the salmon.

with about 5 to 7 slices.

Spread another part of the kosher salt-brown sugar to make the sauce peel and core the pear and place mixture over the grated golden beet and top with it in a high speed blender together with the lemon another part of the dill. Sprinkle half of the crushed juice and the extra virgin olive oil. Blend until you juniper berries and sprinkle with half the amount of reach the right consistency.

St Germain.

Serve the sauce alongside the gravlax.

Fold the overhang of plastic wrapping the fish

the gravlax can be kept wrapped in a paper towel tightly, place the cake pan with the fish in it in the and plastic wrap refrigerated for a week or so.

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BeeT ScenTed grAvlAx WITH peAr SAUce

refrigerator and place a one-pound weight on top of the fish.

Repeat the same process with the remaining

ingredients utilizing the red beet instead of the golden beet.

After a day and a half, take the cake pans with the fish out of the refrigerator, flip the gravlax skin side up. the fish will have released a syrupy liquid, product of the dissolved sugar and salt mixture, no worries; that is fine. place the same weight over the fish for another day and a half. After a total of three days the gravlax will be ready.

take the fish out of the fridge, remove the plastic wrap and scrape off all of the dill and grated beets from the top. pat it dry with some paper towels.

With a very sharp and skinny fish knife, slice the fish as thin as possible against the grain and as you slice it place each one of the slices in the plate you are going to serve it in. Make a decorative arrangement with about 5 to 7 slices.

to make the sauce peel and core the pear and place it in a high speed blender together with the lemon juice and the extra virgin olive oil. Blend until you reach the right consistency.

Serve the sauce alongside the gravlax.

the gravlax can be kept wrapped in a paper towel and plastic wrap refrigerated for a week or so.

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SOle WITH ASpArAgUS en crOUTe

Ingredients for 4 servings

1 pound of fillet of sole

16 pencil asparagus

For the dough

in a bowl of a stand up mixer with the paddle

attachment on place the flour, salt and butter cut into pieces. Run at low speed until the mixture looks like coarse cornmeal. Add the water and mix at low speed until it becomes a dough. Flatten into a disc shape, wrap in plastic wrap and refrigerate for at least an hour.

Meanwhile cut the ends of the asparagus about 2

inches long, blanch the asparagus tops by putting them in salted boiling water for a couple of minutes and placing them in ice cold water after. Let cool completely, take out of the water pat, dry and set aside.

For the mousseline

place all the ingredients in a food processor and blend until it has become a velvety white uniform mixture. transfer the mixture to a bowl and

refrigerate.

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SOle WITH ASpArAgUS en crOUTe

Ingredients for 4 servings

1 pound of fillet of sole

For the dough

For the fish mousseline

16 pencil asparagus

2 1/2 cups of flour

1/2 pound white fish

1 teaspoon salt

1 egg

8 ounces cold butter

1 cup heavy cream

1/2 cup ice cold water

Salt and pepper

For the dough

take the fillet of sole and cut 4 portions of the same in a bowl of a stand up mixer with the paddle

thickness and about 2 inches by 2 inches each.

attachment on place the flour, salt and butter cut take the dough out of the fridge and roll out until it into pieces. Run at low speed until the mixture looks is 1/4 inch thick. cut 4 pieces of dough of the same like coarse cornmeal. Add the water and mix at low size or slightly bigger than the portions of sole you speed until it becomes a dough. Flatten into a disc have.

shape, wrap in plastic wrap and refrigerate for at in a lightly oiled sheet pan place the squares of least an hour.

dough, place about 3 tablespoons of the mousseline on each one of the squares of dough. then place 4

Meanwhile cut the ends of the asparagus about 2

asparagus on top of the mousseline and place a piece inches long, blanch the asparagus tops by putting of fish on top of each mousseline-asparagus mixture.

them in salted boiling water for a couple of minutes Season the fish with salt and pepper.

and placing them in ice cold water after. Let cool Roll out the remaining dough and cut 4 pieces, each completely, take out of the water pat, dry and set aside.

one slightly bigger than the fillets of sole.

place each piece of dough on top of each fish and For the mousseline

press the sides of the dough with your fingers so it place all the ingredients in a food processor and seals where the two doughs meet.

blend until it has become a velvety white uniform Bake between 20-30 minutes at 375 Fahrenheit or

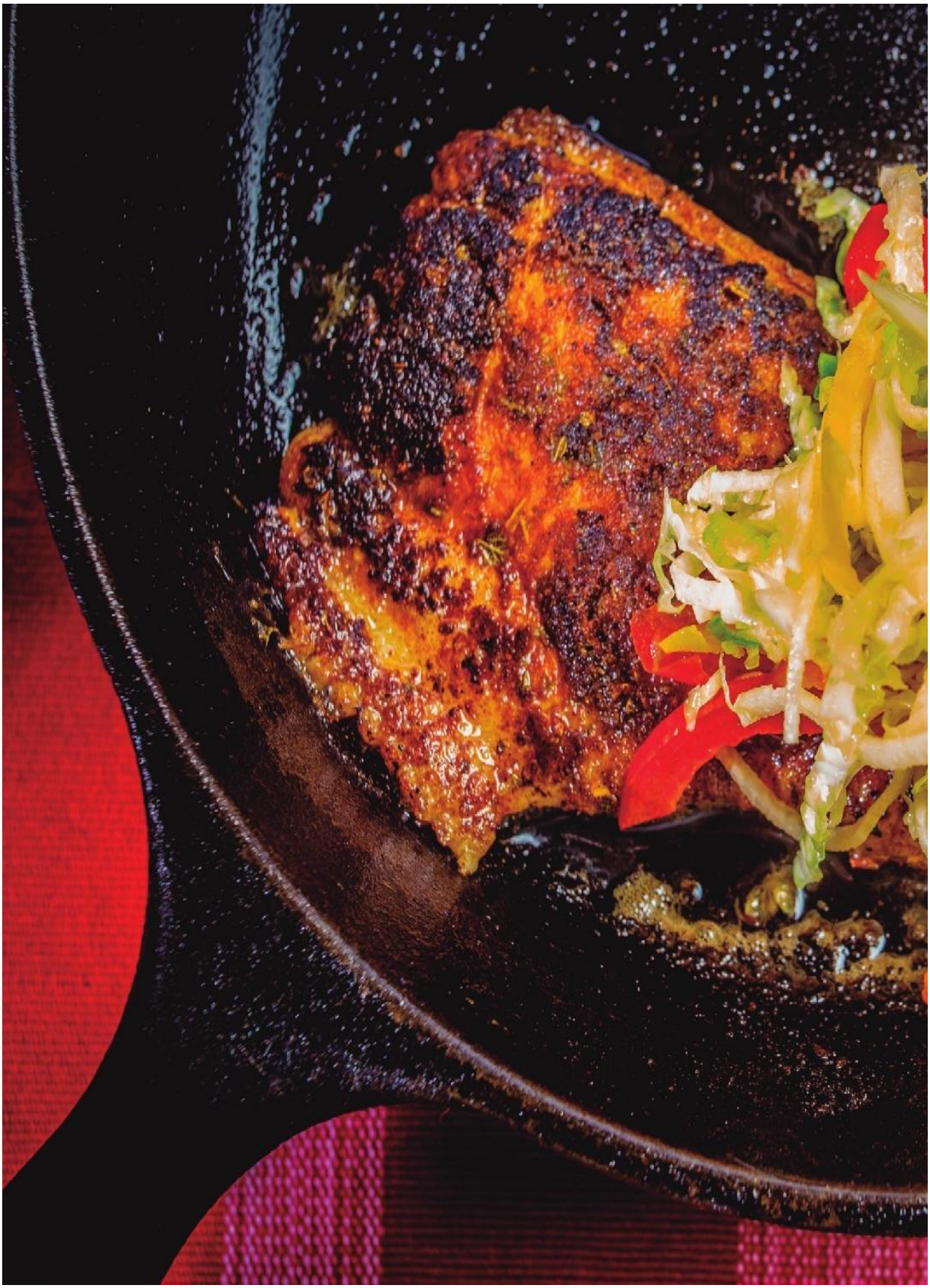
mixture. transfer the mixture to a bowl and

until the tops are lightly browned. Serve immediately.

refrigerate.

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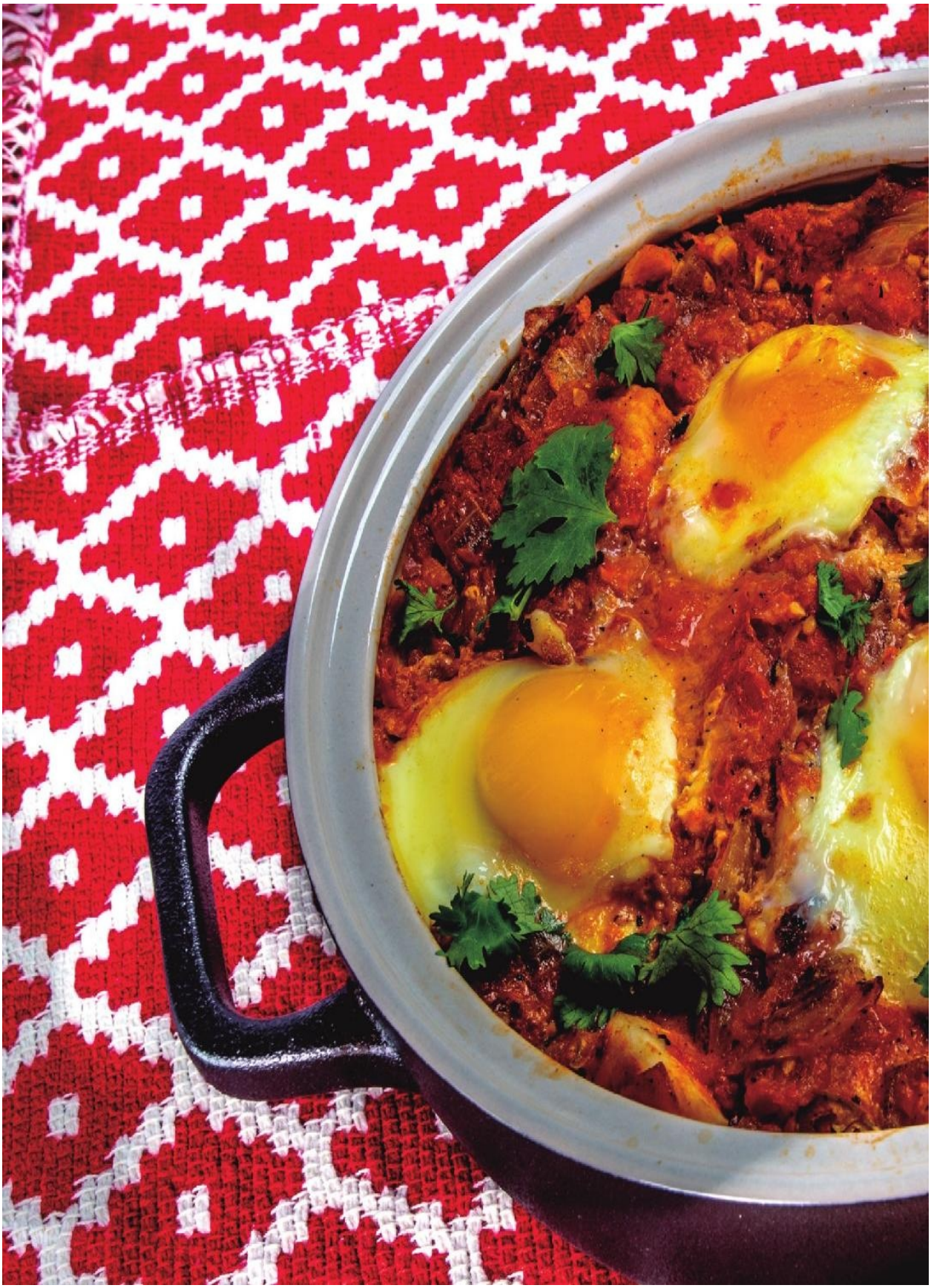
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AlAn HUgHeS 45 ABOUT FISH

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AlAn HUgHeS 47 ABOUT FISH

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BlAckened cATFISH WITH nApA SlAW

cHIlAqUIleS de SnApper

1 1/2 pound of catfish

For the cajun rub:

Ingredients for 4 servings

3 cups of napa cabbage

1 tablespoon garlic powder

1/2 red pepper

1 tablespoon dried oregano

2 fillets of red snapper

1/2 yellow pepper

1 teaspoon cayenne

4 medium red tomatoes

1 cup chopped scallions

1 teaspoon rubbed sage

1 small onion

1/2 lemon juice

1 teaspoon paprika

2 cloves of garlic

2 tablespoons extra virgin olive oil

1 teaspoon salt

3 tablespoons scallions

4 tablespoons butter melted

1 teaspoon black pepper

1 medium jalapeño

1 1/2 teaspoon onion powder

2 tablespoons chopped cilantro

Mix all the spices and set aside.

Without using any oil, place each piece of fish

cut the fish in four equal portions and set aside cut both peppers into a thin julienne and place in directly on the hot pan. place no more than two

refrigerated.

a bowl. cut the napa cabbage thinly and mix it

pieces of fish at a time. the pan will smoke heavily.

together with the sliced peppers, scallions, the extra After about 3 minutes flip each fish and cook an For the tomato sauce:

virgin olive oil, lemon juice and a good amount

additional 2 to 3 minutes on the remaining side.

cut the tomatoes in quarters, add salt to them and of salt. Mix, taste, cover with plastic wrap and Right before taking the fish out of the pan, add let sit for about ten minutes.

refrigerate.

3 tablespoons of water to the pan so it creates

cut the fish into four equal size portions. coat each a small amount of steam that will help cook the

place a medium cast iron pan on the stove on

piece of fish with the melted butter and generously inside of the fish. the water will evaporate very medium high heat with 2 tablespoons of oil. peel the spread

the spice mix on both sides of the fish until it quickly.

onion cut in quarters and add to the pan together is very well coated.

take each piece of fish out of the pan, place in a with the crushed garlic cloves and chopped jalapeño.

Heat a cast iron pan until it is very hot, lower the plate and repeat the process with the remaining 2

Stir with a wooden spoon until the onion takes a heat so it stabilizes the temperature of the pan. the pieces of fish. Serve the fish immediately alongside a light brown color. Remove from the pan, add to a pan still should remain very hot.

good helping of the very cold napa slaw.

blender together with the cut tomatoes. Blend until the mixture is slightly chunky. Adjust the seasoning and set aside.

For the tortillas:

cut the tortillas by tearing them apart with your hands or cutting them with a knife in quarters roughly.

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BlAckened cATFISH WITH nApA SlAW

cHIlAqUIleS de SnApper

Ingredients for 4 servings

2 fillets of red snapper

2 cups + 2 tablespoons canola oil

4 medium red tomatoes

8-10 old corn tortillas

1 small onion

4 eggs

2 cloves of garlic

3 tablespoons scallions

1 medium jalapeño

2 tablespoons chopped cilantro

Without using any oil, place each piece of fish

cut the fish in four equal portions and set aside put 2 cups of the canola oil in a pot and bring to a directly on the hot pan. place no more than two

refrigerated.

medium heat. take about a third of the tortillas and pieces of fish at a time. the pan will smoke heavily.

place them in the oil to fry them. toss them around After about 3 minutes flip each fish and cook an For the tomato sauce:

so they fry evenly and after they get a light brown additional 2 to 3 minutes on the remaining side.

cut the tomatoes in quarters, add salt to them and color take them out of the oil

and place them in Right before taking the fish out of the pan, add let sit for about ten minutes.

paper towels. Repeat the process with the remaining 3 tablespoons of water to the pan so it creates

tortillas.

a small amount of steam that will help cook the

place a medium cast iron pan on the stove on

inside of the fish. the water will evaporate very medium high heat with 2 tablespoons of oil. peel the in an oven proof dish, place half of the fried tortillas quickly.

onion cut in quarters and add to the pan together and pour about a third of the tomato sauce, add

take each piece of fish out of the pan, place in a with the crushed garlic cloves and chopped jalapeño.

the remaining tortillas and about another third of plate and repeat the process with the remaining 2

Stir with a wooden spoon until the onion takes a the tomato sauce. place the fish portions and finish pieces of fish. Serve the fish immediately alongside a light brown color. Remove from the pan, add to a pouring the last of the tomato sauce.

good helping of the very cold napa slaw.

blender together with the cut tomatoes. Blend until crack one egg and place it whole in the sauce.

the mixture is slightly chunky. Adjust the seasoning Repeat the process with the remaining eggs.

and set aside.

Bake in a 375 Fahrenheit oven for about 40 minutes or until the eggs and fish are fully cooked.

For the tortillas:

this is an excellent brunch item especially if

cut the tortillas by tearing them apart with your you are hangover. the tortillas should be a few

hands or cutting them with a knife in quarters roughly.

days old.

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AlAn HUgHeS 49 ABOUT FISH

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BAcAlAO In cOcOnUT mIlk

Ingredients for 4 servings

12 ounces bacalao

3 garlic cloves crushed

1 scotch bonnet crushed

1/2 cup extra virgin olive oil

1/2 onion chopped

1/4 cup sprigs of thyme

1/2 lime

2 cups coconut milk

1 cup fish fumet

1 cup butternut squash cubed

1/2 green plantain sliced

2 small boniatos

Soak the bacalao in cold water for 24 hours,

let cook for 2 minutes and add the fumet and the changing the water three times. drain the bacalao, bacalao.

discard the water and set aside.

Bring to a boil and reduce the heat and cover the pot.

peel and cut the boniatos in slices 1 inch thick, place cook for about 20 minutes on low heat or until the in cold water and set aside.

bacalao starts to become tender. Add the plantains, place the cubes of butternut

squash in a small pot the coconut milk and the boniatos. cook until the with water with a pinch of salt, bring to a boil and boniatos start becoming slightly soft, uncover the cook for about 10 minutes or until they are cooked pot, add the cooked butternut squash and cook until but still firm.

all the vegetables are cooked through and soft to the in a medium pot with the olive oil add the crushed touch. Adjust the seasoning and serve at once.

garlic and the scotch bonnet. cook at very low heat to open up the flavors for about 4 minutes stirring notE: if you find dende oil you can drizzle some at with a wooden spoon. Add the chopped onion and

the last minute and also sprinkle some farofa after thyme and cook for about 5 minutes or until the

you serve each one of the dishes. (Both products can onions become translucent. Add the lime juice,

be found in Brazilian supermarkets.)

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BAcAlAO In cOcOnUT mIlk

let cook for 2 minutes and add the fumet and the bacalao.

Bring to a boil and reduce the heat and cover the pot.

cook for about 20 minutes on low heat or until the bacalao starts to become tender. Add the plantains, the coconut milk and the boniatos. cook until the boniatos start becoming slightly soft, uncover the pot, add the cooked butternut squash and cook until all the vegetables are cooked through and soft to the touch. Adjust the seasoning and serve at once.

notE: if you find dende oil you can drizzle some at the last minute and also sprinkle some farofa after you serve each one of the dishes. (Both products can be found in Brazilian supermarkets.)

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grIlled pOmpAnO WITH AppleS,

BlAck rAdISH And yOgUrT SAUce

Ingredients for 4 servings

4 fillets of pompano

2 red delicious apples

2 tablespoons honey

4 tablespoons lemon juice divided

1/4 cup fresh thyme

1 medium black radish

8 tablespoons Greek yogurt or labneh

2 scallions chopped

4 tablespoons extra virgin olive oil divided

pea tendrils for garnish

Mix the scallions with the Greek yogurt, season with salt and pepper, add half the olive oil and set aside.

cut the apples horizontally into six, toss with half the lemon juice, honey, thyme, the remaining olive oil; season with salt and black pepper and set aside.

With a truffle shaver or a mandolin slice the black radish paper thin, add the remaining lemon juice, season with salt and set aside.

place the apples in a hot grill, flip them on all sides until they get grill marks and they start feeling

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grIlled pOmpAnO WITH AppleS,

BlAck rAdISH And yOgUrT SAUce

Ingredients for 4 servings

4 fillets of pompano

2 red delicious apples

2 tablespoons honey

4 tablespoons lemon juice divided

1/4 cup fresh thyme

1 medium black radish

8 tablespoons Greek yogurt or labneh

2 scallions chopped

4 tablespoons extra virgin olive oil divided

pea tendrils for garnish

Mix the scallions with the Greek yogurt, season with slightly soft about 10-15 minutes.

salt and pepper, add half the olive oil and set aside.

Meanwhile, coat the pompano with oil, season with cut the apples horizontally into six, toss with half salt and pepper and place on a hot grill skin side the lemon juice, honey, thyme, the remaining olive oil; down. Flip the pompano and cook flesh side down

season with salt and black pepper and set aside.

just for two or three minutes. the pompano is so thin With a truffle shaver or a mandolin slice the black that you might just not need to flip it and you can radish paper thin, add the remaining lemon juice, attempt to cook it on the skin side only.

season with salt and set aside.

to serve, arrange the apples and black radishes on a place the apples in a hot grill, flip them on all sides plate, place the pompano, drizzle the scallion yogurt until they get grill marks and they start feeling sauce and garnish with the pea tendrils.

alan hughes interior ok.indd 53

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SArdIneS WITH pIne nUTS,

SUlTAnAS And TOmATOeS

Ingredients for 4 servings

12 sardines, cleaned and split open

5 tablespoons pine nuts

1/2 cup of flour

4 tablespoons homemade breadcrumbs

1/4 cup olive oil

2 tablespoons butter

prepare your mise en place and execute this dish 8 tablespoons chopped scallions

at the last minute when your guests are already

1 celery stalk

sitting at the table.

8 tablespoons sultanas

1/4 cup sherry vinegar

For the homemade breadcrumbs

3 medium tomatoes

2 slices of stale sourdough

2 tablespoons chopped parsley

2 tablespoons extra virgin olive oil

2 tablespoons chopped mint

2 tablespoons canola oil

combine the extra virgin with the canola oil in a the pan. Sauté on one side for about 3 minutes, flip shallow pan. Soak the slices of bread in the pan with the sardines and cook on the other side for about 2

the oil, season with salt and pepper on both sides minutes. As the sardines are coming out of the pan and place in a 400-degree farenheit oven for about place them in a sheet pan layered with a paper towel.

8 minutes or until lightly toasted. take out of the Repeat the process with all the sardines. After they oven, let cool and thinly chop with a chef's knife. the are cooked, place three of them on each plate.

breadcrumbs can be kept at room temperature in an Meanwhile, in the same pan used for the sardines, airtight container.

discard the oil, wipe any excess flour with a paper cut the tomatoes in half, take off the seeds and cut towel and while still hot add the butter and once the them into small cubes.

butter is melted add the scallions, celery and sultanas.

cut the celery into very small cubes and set aside.

Sauté for a couple of minutes until the flavors start Spread the flour in a large plate, take the sardines, opening up, add the tomatoes and cook for about ten lay them in a sheet pan, season them with salt and minutes or until the tomatoes start breaking apart.

pepper on both sides. take each sardine and press Add the sherry vinegar and let it reduce by half. Add them on both sides coating them with flour. Shake off the mint, parsley and pine nuts; adjust the seasoning any excess flour.

and spoon over the sardines, distributing the sauce in a large sauté pan over medium heat add the oil over the four plates. Sprinkle with the breadcrumbs and once the pan is hot place the sardines gently into and serve.

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the pan. Sauté on one side for about 3 minutes, flip the sardines and cook on the other side for about 2

minutes. As the sardines are coming out of the pan place them in a sheet pan layered with a paper towel.

Repeat the process with all the sardines. After they are cooked, place three of them on each plate.

Meanwhile, in the same pan used for the sardines, discard the oil, wipe any excess flour with a paper towel and while still hot add the butter and once the butter is melted add the scallions, celery and sultanas.

Sauté for a couple of minutes until the flavors start opening up, add the tomatoes and cook for about ten minutes or until the tomatoes start breaking apart.

Add the sherry vinegar and let it reduce by half. Add the mint, parsley and pine nuts; adjust the seasoning and spoon over the sardines, distributing the sauce over the four plates. Sprinkle with the breadcrumbs and serve.

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TAmArInd BArBecUe TUnA

WITH melOn & cUcUmBer

Ingredients for 4 servings

4 tuna steaks 6 ounces each

12 tablespoons tamarind barbecue sauce (recipe below) 1/4 large ripe melon

1 European cucumber

1/2 red onion

1 tablespoon lemon juice

2 tablespoons extra virgin olive oil

For this recipe it is important to find the ripest melon available.

if fresh tamarind is used, roughly crack the shells open of about 6-7 pods of tamarind and place them in a small pot, cover with water and bring to a boil.

take off the stove, cover and let sit for a few hours until it reaches room temperature. place the tamarind in a sieve and with the help of a rubber spatula work the tamarind in the sieve until the pulp works through it and you remain with just the pits and shells of the tamarind. Save as much tamarind pulp as possible and discard the remaining shells and pits.

For the barbecue sauce

Mix all the ingredients in a bowl with a whisk and pass through a medium sieve. place in a bowl, cover with plastic and refrigerate.

For the tuna

take the tuna steaks and season them with kosher salt on both sides, let them sit refrigerated for about 45 minutes. take 2/3 of the tamarind barbecue

alan hughes interior ok.indd 56

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TAmArInd BArBecUe TUnA

WITH melOn & cUcUmBer

Ingredients for 4 servings

For the tamarind barbecue sauce

1 cup ketchup

4 tuna steaks 6 ounces each

1 cup tamarind pulp

12 tablespoons tamarind barbecue sauce (recipe below) 1/4 cup vinegar

1/4 large ripe melon

1/4 cup molasses

1 European cucumber

1 tablespoon powdered mustard

1/2 red onion

1 tablespoon chili powder

1 tablespoon lemon juice

1 teaspoon cumin

2 tablespoons extra virgin olive oil

1 teaspoon dried oregano

1 teaspoon black pepper

2 tablespoons bourbon

For this recipe it is important to find the ripest melon sauce and spread on both sides of the tuna. Let them available.

sit refrigerated for at least an hour. Leaving them if fresh tamarind is used, roughly crack the shells overnight also will help develop more flavor.

open of about 6-7 pods of tamarind and place them in a small pot, cover with water and bring to a boil.

For the salad

take off the stove, cover and let sit for a few hours peel the cucumbers and slice them thin in a mandolin until it reaches room temperature. place the tamarind lengthwise. Season with kosher salt and set aside.

in a sieve and with the help of a rubber spatula work take the red onion and slice paper thin, season with the tamarind in the sieve until the pulp works through kosher salt and set aside for 15 minutes. take the it and you remain with just the pits and shells of the melon and using a melon baller make spheres out

tamarind. Save as much tamarind pulp as possible of the flesh. Mix the melon, cucumber and red onion and discard the remaining shells and pits.

together, season with lemon juice, extra virgin olive oil and keep refrigerated.

For the barbecue sauce

Mix all the ingredients in a bowl with a whisk and to finish the dish, place the tuna steaks on a medium pass through a medium sieve. place in a bowl, cover hot grill. the grill might flare because of the barbecue with plastic and refrigerate.

sauce. Avoid direct flames reaching the tuna but you do want a hot sizzling sound below the steaks. cook For the tuna

on one side for about 3 minutes, flip and cook an take the tuna steaks and season them with kosher additional minute and a half on the other side.

salt on both sides, let them sit refrigerated for about Serve the tuna steaks alongside the cucumber and 45 minutes. take 2/3 of the tamarind barbecue

melon salad.

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AlAn HUgHeS 58 ABOUT FISH

AlAn HUgHeS 59 ABOUT FISH

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AlAn HUgHeS 60 ABOUT FISH

AlAn HUgHeS 61 ABOUT FISH

alan hughes interior ok.indd 61

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WHITe FISH And SAlmOn TArTAre SUnFlOWer Seed-crUSTed SAlmOn

WITH BOk cHOy & cArAmelIzed OnIOnS

Ingredients for 4 servings

Ingredients for 4 servings

1/2 pound filet of white fish

1/2 pound of salmon

4 fillets of salmon weighing around

4 quail eggs

6 ounces each

1 lemon

8 tablespoons sunflower seeds

6 chives

5 stalks of bok choy

celery tops

1 tablespoon paprika

4 tablespoons extra virgin olive oil

this dish became a classic at my restaurant one

ninety in Miami. Ever since i put this dish in my menu i was never able to take it off, i must have take a small sheet pan, cover with plastic wrap and it in a bowl. Lightly grate some lemon zest using a made thousands.

place 2 paper towels on top and set aside.

microplane.

take the fillet of white fish and scrape it using a cut the chives as thin as possible and mix with the For the caramelized onions

small spoon to separate the flesh from the sinew.

seasoned salmon.

peel the onion, cut it vertically down and slice it.

Season the fish with plenty of kosher salt, mix it up take a 4-inch metal ring and place it on a plate.

take a medium sauté pan and place on medium heat.

gently and spread over the prepared sheet pan, on With a spoon, fill the metal ring with a thin layer Add the butter and the onions and sauté for about top of the paper towel.

of the white fish. do the same with the seasoned 20 minutes tossing the onions over and over and

cover with plastic wrap and refrigerate for an hour.

salmon placing it right on top of the white fish.

controlling the temperature until they evenly start Repeat the same process with the salmon.

Repeat the process with the rest of the plates.

getting lightly browned. continue sautéing until the cook the quail eggs by boiling them in a pot for 2

decorate each tartare with tender celery tops, 1

onions reach a medium dark color.

minutes. place them in ice cold water and let them quail egg cut in half, 2 chive tips and any other Add the balsamic vinegar at once and deglaze

sit until completely cooled. peel them and set aside.

greens or sprouts you might find.

scraping the pan with the help of a wooden spoon.

take the white fish out of the refrigerator and place drizzle with the olive oil and paprika and serve at once.

After the liquid in the pan has reduced to a light syrupy consistence remove the pan from the heat and transfer the onions to a bowl to let them cool.

take the bok choy stems, wash, dry them and slice the stems horizontally about 1/4 inch thick, repeat the same process with the leafy parts. keep the stems and leaves separated as much as possible.

For the salmon

this step should take you no more than 10 minutes.

Set a sheet pan or plate with the sunflower seeds.

alan hughes interior ok.indd 62

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WHITe FISH And SAlmOn TArTAre SUnFlOWer Seed-crUSTed SAlmOn

WITH BOk cHOy & cArAmelIzed OnIOnS

Ingredients for 4 servings

4 fillets of salmon weighing around

2 tablespoons of garlic puree

caramelized onions

6 ounces each

2 teaspoons lemon juice

1 medium onion

8 tablespoons sunflower seeds

8 tablespoons olive oil

2 tablespoons butter

5 stalks of bok choy

1/3 cup balsamic vinegar

this dish became a classic at my restaurant one

take all four fillets of salmon and season them with ninety in Miami. Ever since i put this dish in my salt and pepper on both sides, take each fillet of menu i was never able to take it off, i must have salmon and press the top side against the seeds in it in a bowl. Lightly grate some lemon zest using a made thousands.

the plate. press to make sure as many seeds stick to microplane.

the topside of the salmon. Repeat the process with all cut the chives as thin as possible and mix with the For the caramelized onions

four filets.

seasoned salmon.

peel the onion, cut it vertically down and slice it.

take a 4-inch metal ring and place it on a plate.

take a medium sauté pan and place on medium heat.

Get a large sauté pan nice and hot, add the oil, swirl With a spoon, fill the metal ring with a thin layer Add the butter and the onions and sauté for about around to coat the pan and quickly add the four

of the white fish. do the same with the seasoned 20 minutes tossing the onions over and over and

filets of salmon seeds side down. the pan should be salmon placing it right on top of the white fish.

controlling the temperature until they evenly start sizzling. After two minutes or until the seeds have Repeat the process with the rest of the plates.

getting lightly browned. continue sautéing until the acquired a light brown color, flip the fish with a metal decorate each tartare with tender celery tops, 1

onions reach a medium dark color.

spatula, add a couple of caramelized onions on top quail egg cut in half, 2 chive tips and any other Add the balsamic vinegar at once and deglaze

and place in a 400 F oven for about 5 minutes.

greens or sprouts you might find.

scraping the pan with the help of a wooden spoon.

drizzle with the olive oil and paprika and serve at once.

After the liquid in the pan has reduced to a light For the bok choy

syrupy consistence remove the pan from the heat and While the fish is in the oven place a medium pan on transfer the onions to a bowl to let them cool.

high heat, add about 2 tablespoons of olive oil and add the stems of the bok choy first, the temperature take the bok choy stems, wash, dry them and slice should be hot and you should hear a sizzle, toss a the stems horizontally about 1/4 inch thick, repeat couple of times, add garlic puree, immediately follow the same process with the leafy parts. keep the stems with the leaves of the bok choy, toss a couple more and leaves separated as much as possible.

times, add lemon juice, season with salt and pepper and take out of the fire. divide the bok choy into For the salmon

four plates. the whole process should take you 3-4

this step should take you no more than 10 minutes.

minutes. take out the fish from the oven, place one on Set a sheet pan or plate with the sunflower seeds.

each plate and serve.

alan hughes interior ok.indd 63

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STUFFed BrAnzInO

WITH grIlled rAdIccHIO, pOrcInI & BAcOn

Ingredients for 4 servings

2 whole branzinos

4 ounces of bacon in one piece

3 ounces of dried porcini

1 head of radicchio

1 lemon

8 tablespoons extra virgin olive oil

4 tablespoons thyme sprigs

place the dried porcini in a small pot, cover with cold hands. Be careful not to move the soaking liquid too water, bring to a boil and let it sit for about half an much as it might have some grit or sand. Add the hour or until the porcini becomes soft.

softened porcini to the bacon and sauté for a couple cut thin lemon slices and set aside.

of minutes. Add thyme, salt and pepper and set aside.

cut the radicchio into 6 wedges, drizzle with extra take one branzino and season the cavity with extra virgin olive oil, season with salt and pepper and place virgin olive oil, salt and pepper. Add half of the in a 400 Farenheit oven for about 10 minutes or porcini-bacon mixture, about four slices of lemon until the radicchio turns slightly brown. take out of and half of the radicchio. Repeat the process with the the oven and set aside.

other branzino.

cut the whole bacon into small squares or lardons.

drizzle both fish with 4 tablespoons of extra virgin in a small sauté pan, place the bacon over medium olive oil, salt and pepper and place in a 400 F oven heat and

cook for about 10 minutes until the fat between 12 to 15 minutes or until the fish is cooked starts rendering.

but not dry.

take the porcini gently out of the water with your Serve with roasted potatoes.

AlAn HUgHeS 65 ABOUT FISH

alan hughes interior ok.indd 64

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STUFFed BrAnzInO

WITH grIlled rAdIccHIO, pOrcInI & BAcOn

hands. Be careful not to move the soaking liquid too much as it might have some grit or sand. Add the softened porcini to the bacon and sauté for a couple of minutes. Add thyme, salt and pepper and set aside.

take one branzino and season the cavity with extra virgin olive oil, salt and pepper. Add half of the porcini-bacon mixture, about four slices of lemon and half of the radicchio. Repeat the process with the other branzino.

drizzle both fish with 4 tablespoons of extra virgin olive oil, salt and pepper and place in a 400 F oven between 12 to 15 minutes or until the fish is cooked but not dry.

Serve with roasted potatoes.

alan hughes interior ok.indd 65

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mOrOccAn-STyle SnApper

WITH grIlled AprIcOTS And SUncHOkeS

Ingredients for 4 servings

4 fillets of snapper

4 ripe apricots

2 tablespoons honey

2 tablespoons extra virgin olive oil

Fresh thyme

1 pound of sunchokes

combine all the spices and set aside.

Wash the sunchokes over cold running water and

brush them if necessary to get rid of any dirt. in a small pot, place the sunchokes, cover with water, add a pinch of salt and cook covered over medium heat. check with a paring knife by inserting inside a sunchoke to see if they are soft. take out of the stove and let cool.

take apricots, cut in half, take the pits out and toss them with olive oil, honey, thyme, salt and pepper.

in a medium hot grill place the apricots and cook on both sides until they are soft and show grill marks.

place them in a bowl.

alan hughes interior ok.indd 66

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mOrOccAn-STyle SnApper

WITH grIlled AprIcOTS And SUncHOkeS

Ingredients for 4 servings

4 fillets of snapper

For the ras el hanout

4 ripe apricots

1 tablespoon cinnamon

2 tablespoons honey

1 tablespoon cumin seed

2 tablespoons extra virgin olive oil

1 tablespoon coriander seed

Fresh thyme

1 tablespoon ground black pepper

1 pound of sunchokes

2 tablespoon ground ginger

1 teaspoon turmeric

1 teaspoon ground cardamom

pinch of saffron threads

combine all the spices and set aside.

cut the cooked sunchokes into large bite size pieces Wash the sunchokes over cold running water and

and set aside.

brush them if necessary to get rid of any dirt. in a coat the snapper fillets with a bit of olive oil, season small pot, place the sunchokes, cover with water, with salt and sprinkle a good amount of the ras el add a pinch of salt and cook covered over medium hanout.

heat. check with a paring knife by inserting inside a place the snapper fillets on a hot grill skin side down sunchoke to see if they are soft. take out of the stove for about 4 minutes. Flip and cook for an extra 2

and let cool.

minutes. Arrange the apricots and sunchokes on a take apricots, cut in half, take the pits out and toss plate, place the grilled snapper fillets and serve at once.

them with olive oil, honey, thyme, salt and pepper.

in a medium hot grill place the apricots and cook on notE: Snapper fillets can become very delicate when both sides until they are soft and show grill marks.

grilling so be very gentle and careful when handling place them in a bowl.

them.

alan hughes interior ok.indd 67

10/16/18 11:04 AM

WHOle SnApper In SAlT crUST

WITH rOASTed red pepper mAyOnnAISe

Ingredients for 2 servings

1-1 1/2 pound snapper

Roasted red pepper mayonnaise

1 1/2 cup kosher salt

1 egg yolk

4 egg whites

1/4 cup extra virgin olive oil

1 lemon

1/2 cup canola oil

4 sprigs of thyme

2 tablespoons lemon juice

2 tablespoons extra virgin olive oil

2 ounces of roasted red pepper

Salt and pepper to taste

For the sauce

spread a small amount of the salt-egg white mixture place the yolk and lemon juice in a tall cup and the size of the fish. the mixture should be around blend using a hand blender. combine the oils and add 1/2 inch tall. place the fish over the mixture and them in a steady stream while the blender is running.

distribute the remaining egg white-salt mixture to Season with salt and pepper, add the red pepper and cover all the fish.

blend thoroughly. Add the remaining oil in a steady place the fish in the oven

and bake between 25 - 35

stream and set aside.

minutes or until the egg-white-salt mixture covering the fish has a light brown color.

For the fish

take out of the oven and serve at once.

Make sure the fish is clean, scaled and with the to serve, take a kitchen towel or napkin and cover head on.

the top of the fish. With the back of a kitchen spoon cut the lemon in half and slice one half of the

tap the napkin all around, remove the napkin and lemon. insert the slices in the inner cavity of the fish with the aid of a metal spatula and the spoon,

together with the sprigs of thyme and the juice of the remove the chunks of salt crust. take good care to remaining lemon.

remove all the crust without cutting through the fish. once all the crust is removed, cut through the preheat the oven to 400 Fahrenheit. in the bowl of a flesh of the fish and serve each plate. to access the stand up mixer fitted with a whisk attachment whip bottom side of the fish simply lift up the tail which the egg whites until they reach soft peaks.

will bring up the whole backbone and again with the pour the salt to the egg whites and with a rubber metal spatula lift up the remaining fish flesh. Be very spatula fold until the mixture is uniform.

gentle when serving so as to not include any of the take an ovenproof dish, coat with a drop of oil and salt crust.

alan hughes interior ok.indd 68

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WHOle SnApper In SAlT crUST

WITH rOASTed red pepper mAyOnnAISe

spread a small amount of the salt-egg white mixture the size of the fish. the mixture should be around 1/2 inch tall. place the fish over the mixture and distribute the remaining egg white-salt mixture to cover all the fish.

place the fish in the oven and bake between 25 - 35

minutes or until the egg-white-salt mixture covering the fish has a light brown color.

take out of the oven and serve at once.

to serve, take a kitchen towel or napkin and cover the top of the fish. With the back of a kitchen spoon tap the napkin all around, remove the napkin and with the aid of a metal spatula and the spoon,

remove the chunks of salt crust. take good care to remove all the crust without cutting through the fish. once all the crust is removed, cut through the flesh of the fish and serve each plate. to access the bottom side of the fish simply lift up the tail which will bring up the whole backbone and again with the metal spatula lift up the remaining fish flesh. Be very gentle when serving so as to not include any of the salt crust.

alan hughes interior ok.indd 69

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pOTATO-crUSTed BlAck grOUper WITH WArm

SAlAd OF cHerrIeS, Fennel And OregAnO

Ingredients for 4 servings

2 pounds fillet of black grouper cut into 5 ounce portions 1 potato preferably yukon gold

1/4 cup canola oil

4 cups of fresh cherries

1 fennel bulb

2 tablespoons extra virgin olive oil

2 tablespoons sherry vinegar

4 tablespoons fresh oregano leaves

this is a dish that should be done a la minute

and therefore all ingredients should be prepared beforehand and be ready to execute when the guests are ready to eat.

pit the cherries by tearing them up with your hands and set aside.

Shave the fennel bulb very thin using a truffle shaver, combine with the cherries, drizzle the oil and vinegar, season with salt and add the oregano leaves. taste and adjust the seasoning.

Score the fish by making a couple of sharp cuts on a bias through the skin.

Season the portioned fish on both sides. peel the potato and grate it with the coarse side of a box grater. place in a bowl and season the potatoes with salt and pepper. take a medium pinch of the potato and dab it on the skin side of each fillet of fish.

alan hughes interior ok.indd 70

10/16/18 11:05 AM

pOTATO-crUSTed BlAck grOUper WITH WArm

SAlAd OF cHerrIeS, Fennel And OregAnO

Ingredients for 4 servings

2 pounds fillet of black grouper cut into 5 ounce portions 1 potato preferably yukon gold

1/4 cup canola oil

4 cups of fresh cherries

1 fennel bulb

2 tablespoons extra virgin olive oil

2 tablespoons sherry vinegar

4 tablespoons fresh oregano leaves

this is a dish that should be done a la minute

in a medium sauté pan over medium-high heat

and therefore all ingredients should be prepared pour the canola oil and when the oil is hot place beforehand and be ready to execute when the guests the fillets of fish potato side down first. the pan are ready to eat.

should have a splattering sound. Sear the fish and pit the cherries by tearing them up with your hands cook for about 4 minutes controlling the temperature and set aside.

of the pan. When the potatoes are brown and crispy Shave the fennel bulb very thin using a truffle shaver, flip and cook on the other side for three more

combine with the cherries, drizzle the oil and vinegar, minutes or until the fish is cooked through but

season with salt and add the oregano leaves. taste still moist.

and adjust the seasoning.

When the portions of fish are all cooked, place each Score the fish by making a couple of sharp cuts on a fillet on a plate, discard the oil out of the sauté pan, bias through the skin.

wipe quickly with a paper towel maintaining the heat Season the portioned fish on both sides. peel the of the pan. Add the contents of the cherry-fennel potato and grate it with the coarse side of a box salad to the hot sauté pan, toss a couple of times grater. place in a bowl and season the potatoes with simply to warm up and slightly break apart the salad; salt and pepper. take a medium pinch of the potato distribute the warm salad between the four plates and dab it on the skin side of each fillet of fish.

and serve at once.

AlAn HUgHeS 70 ABOUT FISH

AlAn HUgHeS 71 ABOUT FISH

alan hughes interior ok.indd 71

10/16/18 11:05 AM

SWOrdFISH WITH grApeFrUIT,

red OnIOn And HOrSerAdISH

Ingredients for 4 servings

4 swordfish steaks 5 ounces each

8 tablespoons lemon juice

3 tablespoons fresh thyme

2 tablespoons olive oil

2 medium ruby red grapefruits

1 medium red onion

2 tablespoons fresh horseradish.

Season the swordfish steaks with salt and pepper to mix the salad carefully since the grapefruit

on both sides, place in a resealable bag with the sections are quite delicate.

lemon juice and the thyme and let marinate in the Season with salt, taste and adjust the seasoning by refrigerator for a couple of hours.

maybe increasing the horseradish, salt or maybe a peel and slice the onion as thin as possible, place in drop of honey or lemon juice.

a bowl with cold water for 5 minutes to soften the take the swordfish steaks out of the bag, place them in flavor. if you like strong onion flavor avoid this step.

a plate and season very lightly with salt and pepper.

peel the grapefruit with a knife making sure

in a hot sauté pan add the oil and immediately the the white pith is removed and only the flesh of

fish steaks. it is important not to add too many the grapefruit remains. cut each segment of the

steaks at the same time because it can cool the pan grapefruit; to do so, take the grapefruit on one hand and eventually the steaks might stick; it is better to and with the other one holding a sharp knife slice cook two at a time.

through the inside of the vertical membranes of

cook for about 5 minutes on one side and 4 minutes the fruit. Eventually you should finish with a bowl on the other side, reducing or increasing the heat if of just the grapefruit sections and a handful of the necessary.

grapefruit membrane on your other hand. Make sure take swordfish steaks out of the pan and place each to work over a bowl so you recuperate any of the one on a dish and accompany with a helping of the grapefruit liquid that dripped during the process.

grapefruit salad.

take the onions out of the water, add to the

grapefruit sections, add the freshly grated

notE: Swordfish when cooked right is nicely moist horseradish and mix until combined. it is important inside but it turns very quickly so avoid overcooking.

alan hughes interior ok.indd 72

10/16/18 11:05 AM



SWOrdFISH WITH grApeFrUIT,

red OnIOn And HOrSerAdISH

to mix the salad carefully since the grapefruit

sections are quite delicate.

Season with salt, taste and adjust the seasoning by maybe increasing the horseradish, salt or maybe a drop of honey or lemon juice.

take the swordfish steaks out of the bag, place them in a plate and season very lightly with salt and pepper.

in a hot sauté pan add the oil and immediately the fish steaks. it is important not to add too many steaks at the same time because it can cool the pan and eventually the steaks might stick; it is better to cook two at a time.

cook for about 5 minutes on one side and 4 minutes on the other side, reducing or increasing the heat if necessary.

take swordfish steaks out of the pan and place each one on a dish and accompany with a helping of the grapefruit salad.

notE: Swordfish when cooked right is nicely moist inside but it turns very quickly so avoid overcooking.

alan hughes interior ok.indd 73

10/16/18 11:05 AM



AmerIcAn red SnApper WITH cOrn,

cHArred TOmATIllO And OySTer mUSHrOOmS

Ingredients for 4 servings

1 large side of American red snapper, skin on

and deboned, or 4 small snapper fillets

2 ears of corn

4 medium tomatillos

1 small onion

peal each corn and place in a pot of water with

salt to boil for about 10 minutes. Let cool to room temperature.

Hold the cob vertically on a plate with one hand, with the other one take off the corn kernels by

running a knife from top to bottom of each cob. try running the knife very close to the core of the corn since that’s where most of the corn starch resides.

Set the kernels aside.

take the husks out of the tomatillos, wash and set aside.

peel the onion cut halfway lengthwise and then each half into three wedges and set aside.

put a medium cast iron pan on the stove on

medium-high heat, keep the temperature stable at a medium-high heat.

Add 2 tablespoons of vegetable oil and add the

whole tomatillos plus the onions.

Sear them all around and get a nice and aggressive char on the onions and tomatillos. Stir once in a while to make sure all sides get exposed to the

heat. this should take 20 minutes, add the garlic and sear for another five minutes or so. transfer all ingredients to a blender.

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AmerIcAn red SnApper WITH cOrn,

cHArred TOmATIllO And OySTer mUSHrOOmS

Ingredients for 4 servings

1 large side of American red snapper, skin on

3 cloves of garlic

and deboned, or 4 small snapper fillets

4 clusters of oyster mushrooms

2 ears of corn

4 tablespoons chopped cilantro

4 medium tomatillos

2 tablespoons canola or corn oil

1 small onion

peal each corn and place in a pot of water with

in the same cast iron pan at the same temperature, salt to boil for about 10 minutes. Let cool to room add the corn and sauté until you get a nice

temperature.

toasted color on it. this should take about 10

Hold the cob vertically on a plate with one hand, minutes.

with the other one take off the corn kernels by

Blend the tomatillo mixture on medium speed. We

running a knife from top to bottom of each cob. try want to achieve a liquid with a chunky consistency.

running the knife very close to the core of the corn pour the contents to a

bowl. Break apart the

since that’s where most of the corn starch resides.

clusters of raw oyster mushrooms and add them to Set the kernels aside.

the bowl.

take the husks out of the tomatillos, wash and set aside.

place the fish skin side down on an ovenproof baking peel the onion cut halfway lengthwise and then each pan, season the flesh side with salt and pepper and half into three wedges and set aside.

let sit for a few minutes until the fish absorbs the put a medium cast iron pan on the stove on

seasoning.

medium-high heat, keep the temperature stable at a pour the tomatillo-oyster mushroom mix over the

medium-high heat.

fish, add the corn, sprinkle with the cilantro and Add 2 tablespoons of vegetable oil and add the

bake in a 400 degrees Farenheit oven for about 15

whole tomatillos plus the onions.

to 20 minutes.

Sear them all around and get a nice and aggressive the tomatillo mixture will protect the fish from char on the onions and tomatillos. Stir once in a the drying heat and keep it moist when cooking. to while to make sure all sides get exposed to the

test for doneness, take a spatula or knife and fork heat. this should take 20 minutes, add the garlic and open up the center part of the fish to see if it is and sear for another five minutes or so. transfer all cooked through.

ingredients to a blender.

Serve in the same ovenproof baking pan.

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ceBIcHe WITH pASSIOn FrUIT

Ingredients for 4 servings

1 pound grouper

1/2 red onion

3/4 cup lemon juice

3 tablespoons ají amarillo paste

1 cup mote pelado

1/2 scotch bonnet chopped

1/2 red pepper

1 cup cilantro leaves

2 small passion fruits

pour ice into a metal bowl and fit another smaller Let sit in the bowl in the ice bath for about 15

bowl inside. take the grouper, cut into bite size pieces minutes.

and place it into the bowl in the ice bath. Season cut the red pepper brunoise, mix it with the cilantro with salt, toss the fish, season again with salt and let and mote, add it to the ceviche cebiche and mix well.

sit for about 15 minutes.

correct the seasoning and place the ceviche cebiche combine the lemon juice and the ají amarillo paste in a dish.

in a bowl and set aside.

cut the passion fruit in half and with a spoon, scrape cut the red onion into a brunoise, mix with the

half of a passion on top of the ceviche cebiche. Serve scotch bonnet and add it to the fish and mix well.

immediately.

pour the lemon juice over the fish and mix the fish well several times.

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ceBIcHe WITH pASSIOn FrUIT

Let sit in the bowl in the ice bath for about 15

minutes.

cut the red pepper brunoise, mix it with the cilantro and mote, add it to the ceviche cebiche and mix well.

correct the seasoning and place the ceviche cebiche in a dish.

cut the passion fruit in half and with a spoon, scrape half of a passion on top of the ceviche cebiche. Serve immediately.

alan hughes interior ok.indd 77

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BlAck grOUper crUdO

WITH TrUFFle OIl Fennel And cHIveS

Ingredients for 4 servings

12 ounces black grouper fillet

1/2 fennel bulb

2 tablespoons extra virgin oil

2 tablespoons lemon juice

15 chives

1 tablespoon + 1 teaspoon truffle oil

Using a knife, truffle shaver or a mandolin slice the fennel as thin as possible and place it in a bowl.

Season with extra virgin oil, lemon juice, salt and pepper.

Let it sit for 10 minutes. chop the chives thinly and set aside.

Meanwhile, with a sharp knife slice the cold fish on **AlAn HUgHeS 78 ABOUT FISH**

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BlAck grOUper crUdO

WITH TrUFFle OIl Fennel And cHIveS

Ingredients for 4 servings

12 ounces black grouper fillet

1/2 fennel bulb

2 tablespoons extra virgin oil

2 tablespoons lemon juice

15 chives

1 tablespoon + 1 teaspoon truffle oil

Using a knife, truffle shaver or a mandolin slice the an angle as thin as possible. As you are slicing the fennel as thin as possible and place it in a bowl.

fish arrange the slices in four plates.

Season with extra virgin oil, lemon juice, salt and distribute the fennel between the four plates over the pepper.

sliced fish. divide the liquid from the fennel over the Let it sit for 10 minutes. chop the chives thinly and four plates as well. Sprinkle with chives, drizzle the set aside.

fish with the truffle oil and season with salt and pepper.

Meanwhile, with a sharp knife slice the cold fish on Serve chilled at once.

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SmOked HerrIng SOUFFlé

Ingredients for 4 servings

1 cup of milk

1 cup of heavy cream

3 tablespoons flour

3 tablespoons of butter

3 ounces Haitian herring (aran-so)

4 eggs whites

4 tablespoons grated parmesan

Haitian herring (aran-so) is very salty so it is a good with the cooled béchamel and blend until a uniform idea to either wash-off the salt under running water consistency is achieved. Set aside.

or soak it and change the water a couple of times take four ramekins and with your fingers take a

during an 8 hour period.

pinch of butter and spread the inside of each one to make the béchamel boil the milk and set aside. in of them. place one tablespoon of grated parmesan another pot melt the butter, add the flour and cook inside each ramekin and rotate the ramekins so they for about 3 minutes stirring with a whisk. you should parmesan sticks to the butter.

have a very soft paste. turn the fire off and slowly preheat the oven 400 Fahrenheit. place the egg

add the hot milk in three additions stirring with the whites in a stand up mixer and beat until stiff but not whisk after each addition, dissolving the paste into dry. place the herring béchamel in a bowl and with a the hot milk.

rubber spatula incorporate both mixtures until they once all the milk is

incorporated bring back the fire are uniform.

on and cook for about 8 minutes or until the sauce divide the mixture into the prepared ramekins. Bake becomes thicker. take off the fire, add the heavy cream at 400 Farenheit. if its a convection oven for 20

stirring constantly and set aside. this is the Bechamel.

minutes; if it’s not a convection oven cook for about After the herring is washed break it into pieces with 30 minutes or until the tops are puffed up and brown.

your hands, place it in a food processor together Serve immediately.

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SmOked HerrIng SOUFFlé

with the cooled béchamel and blend until a uniform consistency is achieved. Set aside.

take four ramekins and with your fingers take a

pinch of butter and spread the inside of each one of them. place one tablespoon of grated parmesan inside each ramekin and rotate the ramekins so they parmesan sticks to the butter.

preheat the oven 400 Fahrenheit. place the egg

whites in a stand up mixer and beat until stiff but not dry. place the herring béchamel in a bowl and with a rubber spatula incorporate both mixtures until they are uniform.

divide the mixture into the prepared ramekins. Bake at 400 Farenheit. if its a convection oven for 20

minutes; if it’s not a convection oven cook for about 30 minutes or until the tops are puffed up and brown.

Serve immediately.

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