

Chef Paul Lawrence
The Hickory Stick

Lionfish Beurre Blanc

With grilled asparagus and roasted red pepper sauce

Ingredients

Lionfish fillet
1 red bell pepper
1 shallot
White wine
1 lemon
Olive oil
Butter
Capers
Asparagus
Salt and pepper

Method

For the asparagus: Coat asparagus in olive oil, salt and pepper and grill until just fork tender.

For the red pepper sauce: Cut red pepper in half, remove membrane and seeds. Place on lightly oiled baking sheet and roast in a 400F oven until the skin is slightly charred. Remove peppers from oven and immediately place pepper in a bowl and cover with plastic wrap for about 10 minutes. This will soften the skin and make it easy to peel. Chop a small shallot and cook in a medium pan with a little oil until tender and soft. Roughly chop peeled red pepper and add to the pan with the shallot. Cover with a little white wine and cook; reducing until all the liquid is gone. Place mixture in a blender; add a little lemon juice, olive oil, salt and pepper. Keep sauce warm.

For the lionfish: Season lionfish with a little salt and pepper and pan fry.

For the Beurre Blanc Sauce: Squeeze juice from a lemon into a medium sauce pan and heat. Add cold butter and stir constantly until sauce is thickened making sure not to let mixture boil. Add capers. To serve: Place lion fish fillet on a plate with the grilled asparagus. Pour some of the beurre blanc sauce over the top of the fish fillet and sprinkle on a few more capers. Spoon red pepper sauce in a circle around the lion fish fillet and over the grilled asparagus.

<http://www.lindos.bm/lion-fish-beurre-blanc-grilled-asparagus-roasted-red-pepper-sauce/>