



Recipes

PROGRAM 9 - SEGMENT 4

Duke's Malibu Recipes

HERB CRUSTED FISH

INGREDIENTS

2 oz Parmesan Herb Breading
2 oz Beurre Blanc Sauce
0.5 oz Capers
6 oz Fish Fillet
0.5 oz Unsalted Butter
1 Small Tomato, small dice

METHOD

Make breading with Panko breadcrumbs, toasted, ground macadamia nuts, grated Parmesan cheese, powdered garlic, dried parsley, basil and thyme.

Coat the fish and sauté in melted butter on a griddle to create a crisp coating. Plate with capers and lemon pepper Beurre Blanc and diced tomato.

Serve with Rice Pilaf and Asian Coleslaw.



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HERB CRUSTED FISH

Continued:

BEURRE BLANC

INGREDIENTS

48 oz Unsalted Butter
8 oz White Wine (Chablis)
4 oz Shallots, whole, peeled
6 oz Cream
4 oz Lemon Juice, fresh
6 Peppercorns
Salt to taste

METHOD

Place the shallots, white wine, lemon juice and peppercorns in a saucepan over high heat. Cook until the liquid reduces (just enough liquid to cover the bottom of the saucepan). Add the cream and cook, stirring occasionally, until creamy.

Gradually add the butter, a few cubes at a time, whisking until the butter melts into the sauce. Season to taste with salt.

All recipes displayed with kind permission from Duke's Malibu. Results may vary.