

## **Gracie's Wild Striped Bass with Lemon Thyme Champagne Buerre Blanc - over Root Vegetables Soubise**

Ingredients -

### The Soubise

- 3 Tb. salted butter
- 1 C. leeks (sliced 1/2" rounds)  
cut first using the white & light green parts - then wash well to remove all sand
- 1/2 C. julienne onion
- 1 large parsnip (peeled and cut into 1/2" angular cuts)
- 1 carrot (peeled and cut into 1/2" angular cuts)
- 1 yam (peeled and sliced into 1/2" rounds)
- 1 chicken or vegetable stock (also reserve an additional 1/2 C. incase needed)
- Salt & Pepper to taste
- 1/2 C. rough cut curly parsley

1. begin by melting the butter in a large sauté pan (or medium Dutch oven)-medium/high heat
2. Add the leeks and onions stir or toss until caramelized or lightly browned.
3. Add the parsnips, carrots, yams, tossing to coat with the caramelized onion & leek butter as you would a stir fry over medium-high heat.
4. Add chicken stock and salt/pepper to your tastes
5. Lower heat to simmer covered for 10 minutes or until soft to the fork.
6. Remove the lid, add the parsley, and simmer until any liquid has reduced to a glistening sauce (keep warm)

The Sauce- this sauce is any easy recipe for a light yet rich 'mock' buerre blanc

- 1 Tbl. salted butter
- 1 tsp. lemon thyme leaves (fresh)  
(if lemon thyme is not available use regular thyme & a tsp. of fresh lemon juice)
- 1/4 C. finely diced leeks or shallots
- 1/2 C. sparkling white wine
- 2/3 C. heavy whipping cream

1. begin by melting the butter in a sauté pan with leeks/shallots and lemon thyme
2. when the butter begins to bubble immediately Add the sparkling wine
3. Reduce by 1/2
4. Add the heavy cream and reduce by 1/2 to 2/3 whatever thickness you desire. - set aside

The Striper - speak to your fish monger ahead to assure the fish is freshly caught, remember if it smells like fish, it is NOT fresh. The skin should be completely scaled and left on, pin bones should be removed for you, just ask.

- Preheat oven to 450
- 4-6 oz. of Striped bass fillet (skin on pin bones removed)
- 1/4 tsp. salted butter

1. begin by rinsing the fish fillet under cold water and patting it dry with paper towel.
2. score the skin of the fish with a sharp blade twice in one direction then across in the other direction. This prevents the skin from 'curling' during the cooking process.
3. Heat a sauté pan on high heat until the butter is melted & bubbling, but not browning
4. Place the bass flesh side down and sear to a golden brown, then turn the fish onto the skin side and place in a 450 oven for 6 minutes (or less if you prefer rare fish)

Plating-

Place the soubise centered on a warm plate, top with the roasted bass, skin up to retain the crispness  
drizzle a small amount of the sauce over the fish (or in a side dish for guests' use)

Enjoy and dine in good health