



RECIPE COURTESY OF HARI PULAPAKA

Herb-Crusted Atlantic Wreckfish with Fresh Citrus Beurre Blanc



Ingredients

Citrus Beurre Blanc:

1/2 cup fresh lemon juice
1/2 cup fresh orange juice
1/4 cup fresh lime juice
Sugar, about 1 tablespoon
Salt
1/2 stick (4 tablespoons) cold unsalted butter, cubed
1/2 cup heavy cream

Herb-Crusted Fish:

1 cup panko breadcrumbs
2 tablespoons chopped fresh tarragon
2 tablespoons chopped fresh flat-leaf parsley
2 tablespoons chopped fresh dill
Four 8-ounce skinless wreckfish, grouper or snapper fillets
Extra-virgin olive oil, for brushing and browning fish
2 tablespoons store-bought Creole spice blend
Kosher salt
Freshly ground black pepper
1/2 cup dry white wine

Directions

1. Preheat the oven to 375 degrees F.
2. For the citrus beurre blanc: Combine the lemon juice, orange juice and lime juice in a non-reactive pan (such as stainless steel). Simmer over medium heat until reduced by half, about 10 minutes. Add enough sugar and salt for an intense yet balanced flavor. Turn the heat to low and whisk in the butter one cube at a time. Once all the butter is incorporated, whisk in the heavy cream and heat through. Taste and season with salt. Cover the sauce to keep it warm.
3. For the herb-crusted fish: Combine the panko, tarragon, parsley and dill on a large plate. Brush the fish with some oil. Sprinkle with the creole spice, salt and pepper. Press the fish into the herbed panko to coat both sides. Brown the fish in some oil in a large oven-safe saute pan over medium heat, 1 to 2 minutes per side. Add the white wine to the pan and immediately place on the center rack of the oven. Bake until the fish is just cooked through, 6 to 8 minutes, depending on the thickness of the fillets. Remove the pan from the oven and let the fish rest for about 5 minutes before serving.
4. Serve the fish with the citrus beurre blanc, rice and seasonal vegetables.