
Sablefish Namban

Description

On a trip to Japan, Chef Grant fell in love with this dish. Now he enjoys making it at home with local snapper or reef fish.

Total time: 20 min Yield: 1 serving

Ingredients

6 oz sablefish filet
2 Tbsp potato starch
8 cup salad oil
1/2 cup chicken stock
1 Tbsp ketchup
2 Tbsp sugar
1 Tbsp vinegar
1 Tbsp potato starch slurry
1/2 cup mayonnaise
1 egg (hard boiled and chopped)
2 Tbsp dill pickle (chopped)
2 Tbsp sweet onion (chopped)
1 tsp dill (chopped)

Prep Time: 15 min Cooking Time: 5 min Total Time: 20 min

Instructions

Dust the sablefish filet with the potato starch and deep fry in oil heated to 325°F for four minutes.

While the sablefish is frying, place the chicken stock, ketchup, sugar and vinegar in a small pan and quickly bring to a boil. Thicken with the potato starch slurry and set aside.

When the sablefish is done frying, remove it from the hot oil and place it directly into the sweet and sour sauce and flip the sablefish over to coat both sides of the deep fried filet and place on a serving plate.

In a small bowl combine the mayonnaise, chopped boiled egg, dill pickle, sweet onion and dill to form a tartare sauce. Place it in the middle of the filet, cascading down to the front of the filet and enjoy!

Recipe brought to you by:

Chef Grant Sato