



NOVA SCOTIA REDFISH FILLETS ON RISOTTO

INGREDIENTS:

RISOTTO

- 300g carnaroli rice
- 1 tbsp butter
- 1 shallot, finely minced
- 1 tbsp garlic, minced
- ½ bottle white wine (375 ml)
- 2 Litres vegetable stock
- Salt & pepper
- ½ cup peas
- 1 cup fresh pea shoots (or other light greens for garnish)
- ½ cup grated Asiago cheese

ASIAGO CREAM

- 1 cup shredded Asiago
- 1 Litre 35% cream
- Salt & pepper

NOVA SCOTIA REDFISH

Nova Scotia Redfish fillets (sometimes called Ocean Perch) – 1 per person

INSTRUCTIONS:

RISOTTO

In a large sauté pan, add the butter and melt over medium heat. Add the shallots and garlic and cook for 1 minute. Add rice & brown in fry pan for 2-3 minutes. Deglaze with wine. Add 1 litre stock. Stir & cook out liquid and add more stock as needed. Cook until al dente. Add the peas and grated Asiago.

ASIAGO CREAM

In stand-up mixer or by hand, start to whip the cream. Once it starts to thicken, add the Asiago. Whip until thick. Season with salt & pepper.

NOVA SCOTIA REDFISH

Add 1 tbsp olive oil to a large sauté pan and heat to medium high. Season fillets with salt and pepper. Pan sear fillets, in pan, 2-3 minutes on each side. Plate cooked fish on bed of risotto and top with pea shoots and Asiago cream