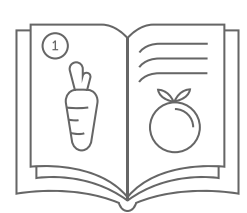


TEXAS STRIPED BASS WITH CRAWFISH BEURRE MONTE AND SPICY RICE



**CHEF J.D.
WOODWARD'S**



WHAT YOU'LL NEED:

FOR THE FISH

- ✓ 4 boneless striped bass fillets (skin on and scaled)
- ✓ 2 tbsp grape seed oil

FOR THE BEURRE MONTE

- ✓ 1 cube, cold butter
- ✓ 2 tbsp water
- ✓ 1/4 cup cream
- ✓ 3 tbsp cajun seasoning (blackening seasoning)
- ✓ 1 cup crawfish tails
- ✓ 1 tbsp fine herbs (parsley, chives, chervil, etc.)
- ✓ 1 tbsp fine diced shallots
- ✓ 1/2 tbsp minced garlic
- ✓ 2 tbsp grape seed oil

FOR THE RICE

- ✓ 6 cups cooked rice
- ✓ 4 cups sliced green onion
- ✓ 1 tbsp rice wine vinegar, unseasoned
- ✓ 1-2 tbsp liquid crawfish/crab boil
- ✓ 1 tbsp grape seed oil



WHAT TO DO:

BEURRE MONTE

1. Pour water and cream into a medium saucepan and bring to a boil for 1 minute.
2. Take the pot off the heat and whisk in butter a little at a time until melted.
3. Add the Cajun seasoning and keep in a warm spot.

SPICY RICE

1. In a non-stick cast iron or black steel pan, brown the green onion in the oil until well darkened, almost charred.
2. Add the cooked rice and toss together until hot.
3. Add the crawfish/crab boil and vinegar and toss together.
4. Take off the heat, cover and hold in a 200°F oven.

FISH AND FINISH

1. Preheat a non-stick cast iron or black steel pan on medium-high heat.
2. Add grape seed oil and wait for it to simmer.
3. Place the bass fillet skin side down and weigh it down with another pan. After 3-4 minutes, remove the weight and flip the fillet.
4. Remove the pan from the heat and flip the fish, continuing to cook for another minute or so on the flesh side.
5. Once you flip the fish, grab the rice from the oven and place on the plate.
6. Using a spatula, remove from pan and place on top of the rice.
7. Put the pan back on the heat and add grape seed oil.
8. Add the shallot and garlic until it reaches a sweat, but do not brown.
9. Add crawfish tails and heat through.
10. Add fine herbs and stir crawfish mix into beurre monte, spoon over fish. Serve immediately.