

CHESAPEAKE ROCKFISH, SUMMER VEGETABLES + BASIL PISTOU

FROM CHEF JEREMIAH LANGHORNE ~ THE DABNEY

YIELD : 4 PORTIONS

INGREDIENTS

PISTOU

- .5 CUP FRESH BASIL
- 1.25 CUPS EXTRA VIRGIN OLIVE OIL
- 2 CLOVES GARLIC
- SALT TO TASTE (1 TEASPOON)
- 2 QUARTS WATER BOILING
- 2 QUARTS ICE WATER (RESERVE 1 CUP AFTER SHOCKING HERBS)

ROCKFISH

- 1 POUND CLEANED ROCKFISH FILET (4 PORTIONS)
- 2 TABLESPOON OLIVE OIL
- 1 TABLESPOON BUTTER
- 1 CLOVE GARLIC, SMASHED
- 1 SPRIG OF THYME

SUMMER VEGETABLES

- 2 SMALL YELLOW SUMMER SQUASH
- 2 ZUCCHINI
- 2 SUMMER ONION
- 2 CLOVES OF GARLIC
- 1 PINT CHERRY TOMATO
- SELECTION OF LEAVES AND FLOWERS FROM YOUR GARDEN OR MARKET (BASIL, NASTURTIUM, BEAN FLOWERS, GARLIC FLOWERS)
- 3 TABLESPOONS EVOO
- SALT AND PEPPER TO TASTE
- 1 LEMON CUT INTO WEDGES TO SEASON WITH

METHOD

MAKE SURE TO READ ALL INSTRUCTIONS FIRST BEFORE STARTING YOU SHOULD COMPLETE ALL PREP WORK AHEAD OF TIME SO THAT YOU CAN EXECUTE THE COOKING AT THE SAME TIME SO ITS READY AT ONCE. CLEAN ALL OF YOUR VEGETABLES AND HERBS THOROUGHLY.

USE THIS RECIPE AS A GUIDE, BUT YOU CAN FEEL FREE TO SUBSTITUTE ANY VEGETABLES THAT ARE IN SEASON.

NOTE: THIS METHOD RELIES ON CHARRING THE VEGETABLES IN A SHAKER BASKET OVER HOT EMBERS. SHAKER BASKETS ARE AVAILABLE ONLINE AND AT RESTAURANT SUPPLY STORES. YOU CAN ALSO PREPARE IT ON THE STOVE USING A HAY PAN, IF DESIRED.

