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## Steamed striped bass, torrefied spelt, lemon & olives



### PROPORTIONS: 4 servings

#### **BEURRE BLANC:**

2 Rohan Duck breast  
1/2 cup shallots, sliced  
2 cups olive oil  
1 1/2 cups dry white wine  
2 lbs (8 sticks) cold butter, cut in cubes  
1/3 cup seaweed  
1 sprig tarragon  
Salt and pepper, to taste

#### **STRIPED BASS & GARNISH:**

4 fillets of fresh striped bass  
4 cups vegetable stock, to taste

1 tbsp olive oil  
2 sprig thyme  
1 clove garlic  
2 cups spelt, uncooked  
1/4 white onion, minced  
1 tbsp butter  
Salt and pepper, to taste  
2 lemons, for zest (reserve juice of 1  
lemon for beurre blanc)  
12 black olives, pitted  
1 cup sea beans  
1/2 cup bottarga (garnish as desired)

### INSTRUCTIONS

#### **BEURRE BLANC:**

1. For the “beurre blanc” sauce with seaweed, sweat sliced shallots in a sauté pan with a dash of olive oil, and season with salt, to taste. Deglaze with white wine and reduce until almost dry. Whisk cold butter bit by bit until there is a thick consistency, about 10 minutes. Pass the mixture through a chinois or colander and keep warm on low heat, being careful not to over-boil. Take seaweed and rinse well to remove extra salt, and chop finely. Add the seaweed to the “beurre blanc” and mix gently. Finish with a drop of lemon juice from one of the lemons from the bass recipe and season to taste.

#### **STRIPED BASS AND GARNISH:**

1. To cook the bass, combine 1 cup of vegetable stock, the olive oil, thyme and garlic in a steamer pot and bring to a boil over high heat and then add the fish. Bring down the heat and cover. Let it cook for approximately 8 minutes.

2. For the garnish, roast the spelt in the oven at 350° F for 10 to 15 minutes until the spelt is nicely toasted. Sweat the onions with olive oil and add the spelt with 4 cups of vegetable stock. Add more stock if necessary. Then, cook the spelt with the minced onion on a

stovetop pan over low heat for approximately 10 minutes. As it cooks, add in another tablespoon of vegetable stock, little by little, until it has a creamy consistency like risotto. (Take it off the heat before it develops a puree-like consistency.) Add the butter and season with salt and pepper to taste and set aside. (Don't add any more butter here, because the dish will become richer with the "beurre blanc.")

3. Zest one lemon (reserving the juice), then blanch the zest, putting it in cold water, then bringing it to a boil, and repeating for a total of three times; set aside. Cut olives into quarters, then sauté with sea beans and lemons over medium heat for 5-7 minutes.

**PRESENTATION:**

1. To serve, place the spelt on a plate. Glaze the bass with some of the seaweed "beurre blanc" and place alongside the sautéed sea beans, lemon and olive. Finish with fresh lemon zest from the second lemon and grated bottarga, salt and freshly ground pepper on the fish. Garnish with tarragon and serve with "beurre blanc."