

Monk Fish Medallions with Saffron Risotto & Peas Shoot Salad



INGREDIENTS

MISE EN PLACE

Vegetables for Risotto:

10 asparagus spears
bottoms trimmed and sliced thin,
bias cut

1/4 whole leek, white part,
medium diced and rinsed and
drained twice

green peas - frozen, thawed
peas are also fine

1 box arborio rice - follow cooking
directions on package and
hold to reheat with saffron cream

Saffron Cream:

3 cups heavy cream, reduced
in half. 6 threads saffron, lightly
toasted in saute pan and broken
up, add near end of reduction

Monk Fish:

6 2oz. pieces monk fish fillet
that has been trimmed of outer
membrane, lightly seasoned with
kosher salt and cracked black
pepper, then dusted with all
purpose flour

Roasted Tomato Oil:

1 tablespoon tomato paste,
browned in small saute pan. Add
1 cup olive oil blend, stir and
lightly simmer for 10 minutes.
Cool and strain.

Spinach Puree:

Saute 3 cups baby spinach with
1 teaspoon chopped garlic and
a handful of diced yellow onion
(pinch of nutmeg optional). Can
be pureed or plated as is.

Pea Shoot Salad:

Just before plating toss in a
bowl 1 cup pea shoots or other
sprouts, 1 teaspoon fresh lemon
juice, 1 tablespoon extra virgin
olive oil and a pinch of kosher or
sea salt and black pepper.

specialty of:

Executive Chef Leon Bahlmann

DIRECTIONS

Pan sear floured monk fish in olive oil blend until lightly browned on one side, about 4 minutes. Turn, add a little more oil if necessary, and finish in a 350° oven (about 10 min).

Saute together leeks and asparagus in a little blended oil until just tender. Add par cooked risotto to this pan, quickly heat through and add saffron cream a little at a time until consistency is creamy but not thin. Finish with peas and season with a little salt & pepper to taste. Plate risotto first, then monk fish. Top with pea shoot salad topped with shaved or shredded Parmesan. Garnish around risotto with spinach and tomato oil.

Take a break and enjoy!



Café Trio

4558 Main
Kansas City, MO 64111
(816) 756-3227

www.cafetrio.com