



# pan fried *Pickerel* with romesco sauce

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Serves 4

### Ingredients (Pickerel)

¼ cup (63 g) all purpose flour	1 tbsp. (15 g) lemon zest
4 Lake Erie pickerel fillets	1 tbsp. (15 g) fresh parsley
2 tbsp. (30 ml) extra virgin olive oil	Salt and pepper to taste

### Method (Pickerel)

1. Place flour, salt and pepper in a shallow bowl. Dredge fish one piece at a time in flour. Shake off any excess. In a medium size pan, heat oil over medium / high heat. Add fillets and sprinkle with salt, pepper and lemon zest.
2. Cook for 3 minutes on each side.
3. Transfer to serving plates and garnish with fresh parsley and keep warm.

### Ingredients (Romesco Sauce)

3 ripe Paysanne tomatoes, finely chopped	
2 Paysanne yellow peppers, roasted, peeled and sliced*	
2 dried ancho chilies, seeded and diced	
4 cloves of garlic, peeled	6 tbsp. (50 g) toasted pine nuts
2 tbsp. (30 ml) white wine vinegar	1 cup (250 ml) extra virgin olive oil
½ cup (125 ml) 35% cream	

### Method (Romesco Sauce)

1. In a food processor, combine the tomatoes, peppers, garlic, pine nuts, chili peppers and vinegar.
2. Slowly add the extra virgin olive oil until blended.
3. Pour into a medium size skillet over medium heat and reduce to half.
4. Over medium heat, strain the sauce into a clean pan. Slowly add the cream and reduce to 1/3.
5. Season to taste and serve over the Lake Erie pickerel.

### Roasting Method

Coat peppers with a light layer of vegetable oil. Rotate peppers over open flame, either on a bbq or gas stove, until peppers turn black and blister. If an open flame isn't available, a broiler can be used. Slice the pepper in half and remove the core, seeds and membrane. On a broiler plate, place peppers open side down and broil until skins are black and blistered. Cover peppers in a bowl and allow to rest for 15 minutes. Peel the black skin off.

### Nutritional Facts per serving (536 g): Calories 1010

Fat 84 g (129 %), Saturated Fat 17 g + Trans Fat 0 g (85 %), Cholesterol 235 mg, Sodium 150 mg (6 %), Carbohydrate 23 g (8 %), Fiber 6 g (24 %), Sugars 4 g, Protein 49 g, Vit A (30 %), Vit C (320 %), Calcium (30 %), Iron (40 %). % = % Daily Value



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