



HEALTHY ST. PETE

Episode 2: Eating Local and Sustainable

Deputy Mayor Dr. Kanika Tomalin hosts Stillwaters Tavern Executive Chef and former Bravo Top Chef Contestant Jeffrey Jew as they learn how to cook a healthy meal with local and sustainable products, on an average budget. Chef Jew gives our audience his tips on how to be an amateur gourmet chef in their own homes.

Florida Gulf Fish with Spring Vegetables and Toasted Wheat (Serves 2)

- 2 7-oz. filets of fresh gulf fish (hog snapper or grouper)
- 1 teaspoon salt and pepper
- 1 cup freekeh (wheat)
- 2.5 cups vegetable stock
- 1 bunch baby carrots, sliced thinly
- 1 bunch asparagus, sliced thinly
- 1 cup green peas
- 1 shallot, diced
- 2 oz. fresh tarragon, chopped
- 2 oz. fresh parsley, chopped
- ½ cup fresh florida citrus juice
- 2 Tbsp. olive oil
- 2 Tbsp. butter

In a saucepan, heat stock on medium high heat. When boiling, add freekeh and stir. Bring back to a boil and then turn down to simmer. Cover and simmer for 20 mins. or until tender. Drain and cool.

In a sauté pan, heat 1 Tbsp. of olive oil over medium heat. Add shallots and toss or stir. Add peas, carrots and asparagus, season with salt and pepper and toss. Cook and toss often for 5 – 8 minutes. Add cooked freekeh and toss to mix. Taste and season if necessary.

In a non-stick pan, heat olive oil over medium heat. Season both sides of fish and add fish to pan, skin side up. Cook in pan, flipping once, about 3-4 minutes per side. In the last minute of cooking add butter and orange juice. Spoon butter over fish and add fresh herbs. Taste and season if necessary.

Plate the vegetable mixture in the center of the plate Place fish on top of vegetables off center. Spoon citrus herb sauce over fish and veggies. Enjoy!