



# HEALTHY ST. PETE

## Season 2, Episode 3: Whoa, Rococo!

Join us in the Child's Park Recreation Center's Test Kitchen for season 2 of Healthy St. Pete Test Kitchen, with your host Deputy Mayor Dr. Kanika Tomalin and local Rococo Steak Chef Matthew Rainey.

### Pan Roasted Loup de Mer & Artichokes Barigoule With Buttery Jus

Serves: 2 people

2ea.	Global Artichokes, cleaned & cut in to ¼ inch pieces
1/2 cup	EVOO
3ea.	Cipollini Onion, peeled & cut in half
1 each	Carrot- peeled & sliced into ¼" rounds
3 clove	Garlic, crushed
¼ bunch	Fresh Thyme sprig
¼ bunch	Fresh Rosemary sprig
¼ bunch	Fresh Basil
½ Tbsp	Each - Whole Coriander Seeds & Whole Black Peppercorns wrapped into a sachet
2ea.	Bay Leaf
½ cup	White Wine
1 cup	White Chicken Stock
To Taste	Sea Salt (go heavy)
¼ cup	Fresh English Peas
1Tbsp.	Whole Butter
2 filets	Loup de Mer (Wolf of Sea) (Branzino)
For fish	1garlic clove, thyme sprig, butter & evoo

#### Method:

1. To clean your artichoke first, start by peeling the petals off to expose the choke (the center) with your hands. Use a peeler to help remove any green fiber that remain
2. Place in an acidic solution of lemon juice and water as you are working with the artichokes to prevent browning.
3. Once you have removed the outer leaves, slice the artichoke in half and begin to remove the choke (the center) with a paring knife and then cut into ¼ inch pie shape pieces
4. Keep artichoke in your acidic solution until you're ready to cook them.
5. Prep the remaining ingredients
6. In a hot 2 quart sauce pot add the EVOO
7. Add onions, carrots and fresh herbs including coriander and black peppercorns.
8. Cook for five minutes on low heat just long enough to sweat vegetables. (no color)
9. Next add artichokes and sweat out for 2 additional minutes
10. Add white wine – cook until the wine has come to a boil

11. Next add chicken stock and again bring to a boil and then lower the heat to a simmer.
12. Season with sea salt fairly heavy, so the vegetables can absorb the seasoning in the braising process.
13. Once all vegetables are fork tender, remove the aromatics (thyme, bay leaves, rosemary, basil, and sachet)
14. Next add English peas and allow to warm.
15. Add butter, allow to melt and check for seasoning
16. Put to the side and keep warm
17. Next, place a non-stick sauté pan on the stove. Once hot add EVOO
18. Place Loup de Mer skin side down on medium high heat for 4 minutes or until a nice golden brown color appears and the skin begins to crisp. Turn fish over gently, remove from heat and allow fish to finish cooking to desired temperature.
19. Place your artichoke barigoule in a shallow bowl and top with Loup de Mer and garnish with some EVOO and fresh chopped herbs and a squeeze of fresh lemon juice.

*Recipe courtesy of Chef Matthew Rainey, Rococo Steak*