

Pan seared Branzino over West Africa shrimp Bulgur jollof, Sauteed Asparagus and Fresh Herb Lemon Caper Sauce

Recipe by Messan Adagba

West Africa Shrimp bulgur jollof

Ingredients

3 tablespoons of olive oil, divided
2 tablespoons butter
1/2 cup brunoise onion
1/2 cup brunoise carrot
1/2 cup brunoise celery
1 cup brunoise tomato
1 teaspoon chopped garlic
1 tablespoon + 1 teaspoon of homemade W. Africa curry, divided
1 cup bulgur wheat
2 cups fish stock (homemade stock with the fish head and the shrimps shells)
1/2 lb White shrimp, cleaned, coarsely chopped and seasoned with 1 teaspoon of curry powder
salt
pepper

Method

Heat 2 tablespoons of olive oil on medium heat. Saute the onion till fragrant, add the garlic, the carrot and the celery, the curry powder sauteing till softened. Add the diced tomato and the fish stock, the bulgur and season to taste. Bring to a boil and reduce heat and let simmer for 12 minutes.

In a separate pan, heat up the olive oil and the butter, add the shrimp and sear until they turn slightly pink (about 5 minutes). Just before serving, fold in the cooked shrimp into the bulgur.

Fresh herb lemon caper sauce

Ingredients

2 tablespoons butter
1/4 cup small diced shallot
1 teaspoon lemon zest
1 tablespoon lemon juice
1 tablespoon capers, half minced
1/4 cup white wine
1 cup fish stock
Slurry of arrowroot
1 tablespoon minced chive
1 tablespoon minced cilantro
1 tablespoon minced parsley
Salt and white pepper

Method

Melt the butter and saute the shallot, when fragrant deglaze the pan with the white wine, add the fish stock, the lemon zest. Cook till liquid reduces one third then add the capers, the lemon. Thicken with the arrowroot slurry, then add fresh herbs and season to taste.

Sauteed Asparagus

Ingredients

1 lb of asparagus,
2 tablespoons olive oil
1 teaspoon granulated garlic
Salt and Pepper

Method

Melt the olive oil over medium heat, add the asparagus and cook till tender. Season with salt and pepper and garlic.

Pan Seared Branzino

Ingredients

2 (28-32 ounces) branzino, Fillet into 4 pieces and skin scored
3 tablespoons of vegetable oil
1 tablespoon garlic
1 tablespoon ginger
Salt and White pepper

Method

In a separate pan, on medium high heat, heat up the vegetable oil and cook the seasoned fish scored skin side down for 4 minutes, then flip and cook for 2 more minutes or till done.

About Messan Adagba

Messan's culinary journey is a tale of an accidental encounter turned into a passion. After graduating from Catholic Theological Union, Chicago, with dual degrees—Master of Divinity and Master of Art in Conflict Resolution—he went straight to work in his field of studies. But an encounter with a mentor, who happened to be a former chef, would redirect him to the world of cooking and hospitality business. Since then, Messan has dedicated himself to honing his culinary skills. For over 13 years he has worked for several Marriott hotels brands, as cook, line cook, and banquet lead cook, where he learned from great chefs the craft of making unforgettable dishes. Those hand-on experiences paired with a certificate of Culinary Art from Rouxbe Culinary school, makes Messan an incredible and innovative chef who is looking for more ways to grow and design dishes that will make customers come back for more. Messan is currently a sous chef at Livingston Dining Commons.