

Mediterranean Inspired Branzino, White Shrimp and Bulgur Wheat

Yield 4 Portions

Plating time 10 minutes

Components & ingredients, six recipes to follow

Recipe by William R.J. Crawford

Ingredients

Pistachio shrimp mousseline tube	Eight 1oz slices
Bulgur wheat sundried tomato pilaf	Four 3oz portions
Saffron tomato broth	Four 3oz portions
Carrots, asparagus, beech mushrooms	Four 3oz portions
Four pan seared branzino fillets	Four 4oz portions
Pistachio pesto	Four 1.5oz portions

Method

1. Mousseline and Bulgur held in chaffer.
2. Filets pan seared and held in chaffer
3. Pot of broth at 212F and vegetable ready at last minute
4. Slice arrange mousseline in bowls.
5. Bulgur on one slice of mousseline, turned bulgur out of the ramekin.
6. Vegetable beside bulgur.
7. 4oz broth each bowl.
8. Pipe pesto on fillet, using disposable piping bag, spread with pallet knife.
9. Place filet on vegetables.

Pan Seared branzino filets

Yields four 4oz portions

Ingredients

Whole branzino	28-32 oz. total weight, two fish
Fennel and coriander seed ground	1 tsp.
Spanish paprika	½ tsp.
Kosher salt	1 tsp.
White pepper	½ tsp.
Canola oil spray	8 squeezes.
Canola oil	½ cup.
Butter	½ oz.

Method

1. Fillet 4oz, v-cut pin bones out, don't break skin.
2. Four 4oz portions, extra trimming for mousseline.
3. On plate season fillets with spices and kosher salt.
4. Spray fillets both sides with nonstick spray.
5. Pan sear in an induction pan with medium temperature at 325F, two minutes each side
6. Add ¼ oz. of butter to the pan, brown the butter.
7. Reserve all four filets in chaffing after cooking.

Poached white shrimp, pernod saffron tomato broth, and vegetable medley of carrots, asparagus, beech mushrooms, and mini red potato

Yield 5 cups broth, Yield 14 oz. vegetables and Yield 8 oz. cooked shrimp

Ingredients

Brazino, shrimp stock	4 cups.
Paysanne cut heirloom carrots	2.5oz.
Diced fennel	1oz.
Diced sundried tomato	1oz.
Chopped shallots	1oz.
Knife chopped garlic, no oil	1oz.
White wine	½ cup.
Pernod	½cup.
Fresh lemon Juice	½oz.

Method

1. In an induction sauce pan place carrots, fennel, sundried tomato, garlic, saffron, shallots, mushrooms with 2tbsp. of extra virgin olive oil.
2. Sweat of over medium induction heat 230-250F, till fennel and shallots are translucent.
3. Deglaze pan with white wine, lemon juice and Pernod.
4. Add branzino shrimp stock, season to taste ½ tsp. of salt, ¼ tsp white pepper.
5. Bring to simmer cook for 15 minutes, add grape tomato's and reserve to side till plating.
6. Blanch the asparagus in a boiling salted water for 30 seconds, using induction pot on high. Refresh in ice water, dry and reserve to plating time.
7. At plating time add the asparagus bring back to a simmer.
8. From the same pot extra broth is allowed for cooking the bulgur wheat, and flavoring the mousseline

Shrimp pistachio mousseline

Yield 8oz. Seafood farce, Yield 11 oz. cooked mousseline

Ingredients

Shrimp peeled deveined, tail off diced	6.oz.
Brizino pin bone out, skinless, diced and scraps	2oz.
Heavy cream	2.5oz.
Egg whites	1oz.
Blanched chopped carrot	5oz.
Saffron tomato broth chilled	2tbls.
Chopped dill	1.5tbsp.
Chopped chives	1.5tbsp.
Kosher salt	½ tsp.
White pepper	¼ tsp.

Method

1. Place 3oz diced shrimp, branzino scrapes, egg whites, broth, salt, pepper in food processor and blitz to a smooth mousse.
2. Add cream slowly.
3. Bind the remaining diced shrimp carrots, dill, chives with 7oz of the mousse.
4. Tub the mousse with cling film, tight sausage type roll, and same diameter as the ramekin for bulgur.
5. Poached in simmering water for 18 minutes covered with clean towel. Using the induction pot and stove. Internal of temperature of 145F
6. Hold in chaffing dish till service.
7. Slice by 9-10 pieces.

Pistachio pesto sauce

Yields 1 Cup

Ingredients

Toasted pistachio	1/3 cup.
Parmesan cheese grated	¼ cup.
Basil chopped	3/4 loose packed cup.
Extra virgin olive oil	1/3cup.
Chopped garlic	1tsp.
Kosher Salt	½ tsp.
White pepper to taste	1/4tsp.

Method

1. Combine pistachio, parmesan, basil, garlic, extra virgin olive oil in food processor and blitz till smooth.
2. Season to taste.

Bulgur wheat sundried tomato pilaf

Yield 1.5 cups

Ingredients

Coarse bulgur wheat	½ cup.
Fish stock	1 cup.
White wine	1/4cup.
Diced red, yellow pepper	1 oz.
Diced sundried tomato	1/2oz.
Diced fennel	3/4oz.
Chopped shallot	3/4oz.
Chopped garlic	½ oz.
Chopped chives	½ oz.
Extra virgin olive oil	3tbsp.
Kosher Salt	1tsp.
White pepper	1/4tsp.
Saffron threads	3 Piece.

Method

1. Over medium induction heat 275F- sweat off peppers, sun dried tomato, fennel, shallots, saffron threads and garlic with extra virgin olive oil till fennel is translucent.
2. Mix in the bulgur wheat, then broth, season to taste
3. Bring to a boil, turn heat down to simmer and cover with lid for 20 minutes
4. Remove from heat mix in chives.
5. Hold in chaffing dish till service. Use 3rd cup to portion

Basic branzino shrimp stock

made ahead of time and brought in

Ingredients

Brazino bones	16oz.
Shrimp shells	2oz.
Mirepoix of Onion, celery, carrot	12oz.
Plum tomato rough chop	8oz.
Bay leaf	2pieces.
White peppercorns	1tsp.
Water	12 cups.

Method

1. Rinse brazino bones and shrimp shells.
2. Place all ingredients in pot and cover with water.
3. Bring to boil and turn down to simmer for 30 minutes.
4. Turn off heat and let steep for 45 minutes.
5. Strain through sieve and cheese cloth.
6. Cool to temperature of 40F.

About William R. J. Crawford, CCC

William started his career in at the Bristol Place Hotel in Toronto Ontario Canada in 1985, graduating from George Brown College Cook II Apprentice program in December 1989. From 1990 to 2004, he worked at several Canadian hotels in the greater Toronto area including The Park Plaza, Stage West and The Marriott at Young and Bloor. From 2004 to 2020, he was the Banquet Sous Chef at The Sheraton Toronto Airport Hotel & Conference Center, where William earned the Certified Chef de Cuisine credential from the Canadian Culinary Institute in 2010. He was a core member for Culinary Team in Ontario that competed at the 2004 and 2008 IKA Culinary Olympics in Erfurt Germany, earning Gold and Silver medals for his work.

Definitely the highlight of William culinary journey to date was 2nd place finish for regional teams at the IKA Culinary Olympics in 2004. William is currently a sous chef at Neilson Dining Hall.