

Rice Paper Wrapped Branzino with Bulgur Crusted Shrimp Mousseline

Recipe by Michael Eng

Rice Paper Wrapped Branzino

Ingredients

- o 4 – 3 oz. fillets of branzino, skin on
- o 4 sheets rice paper
- o 1 Tbsp. ground turmeric
- o Zest of one lime
- o Kosher salt and white pepper to season fish
- o 8 cilantro leaves, picked
- o 2 Tbsp. Extra Virgin Olive Oil

Method

Mix turmeric, lime zest, Kosher salt, white pepper with 1 Tbsp. EVOO to form a paste. Brush on flesh side of branzino filets. Place 2 cilantro leaves on the flesh side of each fish filet. Dip rice paper into warm water briefly just to moisten. When rice paper has hydrated, about 15-20 seconds, wrap fish filets tightly, tucking in ends. Heat EVOO in sauté pan until shimmering. Cook fish skin side down first until nicely colored and crispy, about 3-5 minutes per side. Hold warm until ready to plate.

Bulgur Crusted Shrimp Mousseline

Ingredients

- o 1 pound 21-25 ct. shrimp, peeled and deveined
- o 1 egg
- o 1 medium shallot, brunoised
- o 1 oz. heavy cream
- o 1 Tbsp. fish sauce
- o ½ tsp. white pepper
- o 2 Tbsp. Cilantro, finely chopped
- o 6 slices white bread, processed into fine crumbs
- o ¼ pound bulgur wheat, ground fine
- o 3 Tbsp. Extra Virgin Olive Oil
- o 2 Tbsp. unsalted butter

Method

Reserve 12 whole shrimp and use the rest in the shrimp paste. In a food processor combine shrimp, egg, shallot, heavy cream, fish sauce, white pepper and cilantro. Blend until a smooth paste is formed. Cook off a small piece to test for seasoning. Take 3 whole shrimp at a time, line them up facing the same direction on your work surface and spread a layer of paste on both sides to end up with 4 shrimp patties. Dredge patties into mix of breadcrumbs and ground bulgur. Cook in Extra Virgin Olive Oil and butter until golden brown, about 3-5 minutes per side. Hold warm until ready to plate.

Black Bean Taro Puree

Ingredients

- o 1 pound taro, peeled and cut into large chunks
- o 2 Tbsp. fermented black beans, soaked
- o 4 cloves garlic, peeled and minced
- o 8 oz. fish stock
- o 2 oz. black sesame paste

Method

Sauté black bean and garlic in Extra Virgin Olive Oil until aromatic. Add taro chunks and fish stock. Simmer until taro is completely soft, 5-10 minutes. Blend into a smooth puree with butter and black sesame paste, adjusting seasoning as needed. Hold warm until ready to plate.

Ginger Scallion Sauce

Ingredients

- o 1 bunch scallions, green parts sliced finely, white parts reserved
- o 2 oz. ginger, peeled and minced
- o 2 oz. Extra Virgin Olive Oil
- o ½ tsp. Kosher salt
- o ¼ tsp. white pepper

Method

Heat Extra Virgin Olive Oil and butter until butter starts to brown slightly. Pour over ginger, scallions, Kosher salt and white pepper to slightly cook and make a paste. Reserve for plating.

Roasted Pickled Maitake Mushrooms

Ingredients

- o 1 bunch maitake mushrooms, ends trimmed
- o 1 Tbsp. EVOO
- o 2 oz. rice vinegar
- o 4 oz. water
- o 2 oz. sugar
- o 1 Tbsp. soy sauce
- o 1 tsp. dashi powder
- o 1 tsp. black peppercorns
- o 2 each, star anise pods

Method

Combine rice vinegar, sugar, water, soy, dashi, black pepper and star anise in a pot and bring to a boil to make pickling liquid. Meanwhile, tear clusters of maitake mushrooms by hand. Sear mushrooms in a hot pan with EVOO until deeply browned on all sides. Pour pickling liquid over seared mushrooms in a container to marinate. Hold until ready to plate.

Sautéed Red Leaf Lettuce

Ingredients

- o 1 bunch red leaf lettuce, washed and cut into ¼ inch chiffonade
- o White parts of scallion reserved, thinly sliced
- o 1 garlic clove, peeled and minced
- o Pinch of sugar
- o Splash of fish sauce

Method

Heat Extra Virgin Olive Oil in a sauté pan until shimmering. Add scallion whites and cook until lightly colored. Add lettuce and cook briefly until slightly wilted. Add garlic, season with fish sauce and lime. Place on paper towels to drain off excess moisture. Hold warm for plating.

Plating

Spread a large spoonful of taro puree on the bottom of the plate. Place fish filet, skin side down to one side of puree. Slice shrimp mousseline on the diagonal exposing the whole shrimp cross-section. Place on either side of fish. Next, make two mounds of sautéed lettuce and pickled mushrooms on either side of fish. Lastly, drizzle ginger scallion sauce around the border of the plate.

About Michael Eng

I graduated Rutgers University in 2008-2009 with a degree in Economics. Later in 2012, I received my culinary degree at the Institute of Culinary Education in NYC. During the next 9 years, I worked in numerous restaurants and catering companies throughout the NYC area. I joined Rutgers University Dining Services as a sous chef in December of 2021. Having been promoted in August of 2022, I am currently a Chef Manager I at the Atrium. Michael competed in the 2023 NACUFS regional Culinary Challenge winning a silver medal.