

Pan Seared Branzino, Dill Butter Sauce with Bulgar Shrimp and Mediterranean Vegetables

Recipe by Paul Ogden

Bulgar Shrimp

Ingredients

- 1 pound 21 –25 white shrimp, p & d, tail off, divided
- 3 tablespoons extra-virgin olive oil (evoo), divided
- 1 teaspoon dried chives
- 1 teaspoons black pepper
- 1 teaspoon granulated garlic
- 2 teaspoons smoked paprika
- 2 teaspoons kosher salt, divided
- 1/2 cup onion, diced
- 1/2 cup carrot, diced
- 1/2 cup red bell pepper, diced
- 1 medium jalapeno peppers
- 3/4 cup medium bulgar wheat
- 1 1/2 cups shrimp stock
- 1 teaspoon curry powder

Method

- Fill chafer with hot water, light sternos, place 3 medium 1/3 pans
- Set induction burner on medium high, preheat large deep skillet
- Set aside 16 shrimp, dice remaining shrimp
- Place whole and diced shrimp in a medium size bowl
- Add 1 tablespoon of evoo, coat shrimp uniformly
- Sprinkle chives, black pepper, garlic, paprika and 1/4 teaspoon salt, combine
- Place remaining 2 tablespoons evoo in hot skillet
- Add shrimp to skillet, sear until browned and flip, 2 – 3 minutes per side
- Place browned whole shrimp in warm chafing pan, leaving diced shrimp
- Add onions and carrots, cook while stirring for 1 to 2 minutes
- Stir in bell peppers and jalapenos, cook for 2 – 3 minutes
- Stir in the bulgar wheat, shrimp stock, curry powder and remaining teaspoon of salt, bring to boil
- Cut heat to medium low, simmer covered until bulgar is tender and stock is absorbed, 20 – 25 minutes
- Place bulgar in warm chafer

Mediterranean Vegetables

Ingredients

3 tablespoons extra virgin olive oil
1/2 cup red bell pepper, sliced
1/2 cup yellow bell pepper, sliced
1/2 cup red onion, sliced
2 cloves garlic, sliced
1 teaspoon kosher salt
1/2 teaspoon black pepper
1 teaspoon thyme
1 teaspoon oregano
1 teaspoon za'atar
1 cup grape tomatoes, halved
1/2 cup zucchini, half rondelle cut
1/2 cup yellow squash, half rondelle
1/4 cup kalamata olives. Halved
1 tablespoon capers
1/4 cup fresh basil, chiffonade

Method

- Set induction burner on medium high, preheat large deep skillet
- Coat the pan with the EVOO
- Add the peppers, red onions, and garlic
- Season with the salt, pepper, thyme, oregano and za'atar
- stir and brown lightly
- Add grape tomatoes and squash
- Stir and cook for an additional 3 minutes until vegetables are al dente
- Stir in olives, capers, and basil
- Place vegetables in warm chafer

Branzino

Ingredients

2 28 – 32 ounce branzino, scaled, gutted, and filleted, 4 oz.
1 teaspoon kosher salt
1/4 cup flour
3 tablespoons extra virgin olive oil

Method

- Set induction burner on medium high, preheat large shallow skillet, turn on heat lamp
- Season branzino filets with salt on flesh side
- Drizzle skin side moderately with flour, rub in lightly
- Add evoo to skillet
- Place fish in pan, skin side down
- Brown thoroughly until crispy and cooked through, 4 – 5 minutes
- Turn fish over, set burner on medium low setting, hold until plating
- Place pan under heat lamp, keeping fish warm

Dill Butter Sauce

Ingredients

- 3 oz. dry white wine
- 1 tablespoon lemon juice
- 1 tablespoon caper juice
- 1 tablespoon dill, chopped, divided
- 1 teaspoon garlic, minced
- 1 teaspoon shallots, minced
- 1 4 oz. Stick of unsalted butter, chilled, cut in ½" cubes
- 1 teaspoon kosher salt, to taste

Method

- Set induction burner on medium low., preheat medium sauté pan
- Place the white wine in pan
- Stir the lemon juice. Caper juice, garlic, shallots, and half of the dill
- Heat to gentle boil and reduce to 25%
- Adjust heat setting to low
- Stir in butter cubes, 2 or 3 at a time while stirring, and careful not to melt
- Add all the butter or until desired consistency is achieved. Keep just warm until served

Plating

- Compact bulgur in a 6 oz tin, on plate inverted, just off center 10 O'clock
- Place vegetables on plate opposite bulgar, also toward center, 1 O'clock
- Place fish atop, between the bulgar and vegetables on an upward slant
- Spoon dill butter sauce on lower half of fish, flowing onto plate
- Place 3 shrimp in front of bulgar to the left of the fish
- Garnish sauce with the remainder of the chopped dill

About Paul Ogden

Paul is a highly motivated sous chef at Livingston Dining Commons with 40 years of experience. Paul is well rounded with experience in high volume operations, full service catering, retail and fine dining. Paul's passion for serving quality food in a professional manner is enhanced with high energy and attention to detail.