

Chilean Sea Bass and Brioche Breaded King Prawns

Menu Description: Leeks and Mushroom Ragout, Champagne Mousseline
 Serving Size: 50 Servings
 Categories: Fish - Crown Grill

Cost Per Serving
\$ 7.35



Action	Date	Initials
Created	8/20/2012	CR
Revised	4/6/2015	EA
	12/1/2015	EA

Amount	Measure	Ingredient	Preparation Method	Product No.
1.750	kg	Shrimp Raw Peeled & Deveined 26-30 Ct	100 each	20-100000730
0.500	kg	Flour		20-100000470
0.500	kg	Eggs		20-100000949
1.000	kg	Brioche bread crumbs		20-100016117
0.100	kg	Oil for frying		20-100001609
10.000	kg	Chilean sea bass-skin on	50 x 170g	20-100000689
0.250	lt	Olive oil		20-100001607
0.200	kg	Butter		20-100001600
Leek-Mushroom ragout:				
0.200	kg	Butter		20-100001600
4.000	kg	Leeks	baton cut	20-100000820
0.100	kg	Garlic	chopped	20-100000869
25.000	sv	Mushroom ragout	see recipe	50-100000076
1.000	lt	Mushroom Veloute	see recipe	50-100000077
Mousseline:				
2.000	lt	Hollandaise sauce	see recipe	50-100000014
0.500	lt	Mushroom Veloute (sub champagne for white wine in recipe)	see recipe	50-100000077
0.250	lt	Heavy Cream	whipped	20-100000582
0.200	kg	Scallions	julienne	20-100000836
0.040	kg	Cilantro	sprig	20-100000883
0.5	kg	Red radish	julienne	20-100000847

salt & black pepper to taste

Method of Preparation:

Shrimp:

- Season the flour and -using the standard breading procedure- dust the shrimp with flour, shake off excess, dip in egg, shake off excess, roll and coat with breadcrumbs.
- Deep fry at 375F (190C) until golden brown and crisp.

Sea Bass:

- Season the fish and pan sear with the olive oil and butter, Put skin side down to start, turning to complete the cooking process. **It is important that the skin is crisp and dry when served.**

Leek and Mushroom ragout:

- Gentle sauté the leeks and garlic in a little butter. Add the mushroom ragout, bind with a little mushroom veloute and season.

Mousseline:

- Place the veloute and the hollandaise into a bowl and gently fold the two together with the whipped cream. Adjust the seasoning if needed.

To Finish:

- Arrange the leek-mushrooms ragout onto the middle of the plate. Place the cooked fish on top.
- Put a cordon of mousseline around the fish.
- Place 2 shrimp on top of the fish.
- Garnish with the spring onion and radish julienne and cilantro sprig .