

2019 ICA CATIE AWARDS SUBMISSION

Best Main Course Plate Presentation



Delicacies from the Sea

Best Main Course Plate Presentation



Synopsis

Sous Vide Butter Poached Lobster Tail and Hawaiian Butterfish Duo Entrée with Sweet Corn Zabaglione and Classic Risotto

We created this extravagant entrée course for an ultra classic and exceptionally elegant wedding dinner.

No expense was spared to highlight the best of the season, to showcase the grooms' tastes, and satisfy a largely male group that didn't want to include red meat on the menu.

Delicacies from the Sea

Best Main Course Plate Presentation



Concept, design and objectives

This couple was adamant – no beef. They wanted to start with a Frenched chicken picatta, and then follow with a seafood entrée. It had to impress the most sophisticated and well-traveled guests, while still appealing to a broad demographic. Red meat was not an option, yet it had to satisfy hungry guests who had been on property for hours and would stay for hours yet.

At the tasting, we sampled myriad fish and shellfish options - from sea bass to black cod, from jumbo scallops to prawns. Ultimately, the two overwhelming favorites were the pan fried butterfish and the sous vide poached lobster tail. As they wrestled with the decision, one groom paused and wondered aloud, “Why not both?”

A groom after our own hearts!

Delicacies from the Sea

Best Main Course Plate Presentation



Originality of the Presentation

The plate design and presentation was a wonderful exercise in contrasts. We wanted a presentation fitting of a the top priced entrée at any fine dining establishment. We also wanted a presentation fitting for a casual, summer, outdoor affair. Striking this balance was key.

Ultimately, the food was so colorful, fresh, indulgent and impressive that the presentation came together with little extra effort on our part. No fancy equipment or techniques. No fancy garnishments. Just beautiful fresh food that stands on its own!

Delicacies from the Sea

Best Main Course Plate Presentation



The culinary components of the plate

It's hard to go wrong when you start with such wonderful elements like the butterfish and lobster. A simple and classic risotto base. Served alongside a contrast in color, texture, and temperature in the fava bean salad. Fresh heirloom tomatoes.

All these fabulous elements were wonderfully married together by the sweet corn zabaglione. This sauce can raise eyebrows of clients and guests. It can create a small reluctance to sample. But once they've tasted it, they're hooked. They wipe the plate clean. They ask for seconds. They ask for the recipe.

Delicacies from the Sea

Best Main Course Plate Presentation



Challenges or obstacles and how they were overcome

The biggest challenge without a doubt was simply the timing. The window of success for a lean white fish and lobster tail is narrow. Everything must be timed precisely.

Cooking the lobster sous-vide helped tackle this challenge. Cooking with precision and at low temperatures (with a lot of butter), helped to dramatically widen the window of the lobster's sweet spot.

Delicacies from the Sea

Best Main Course Plate Presentation



Challenges or obstacles and how they were overcome (cont'd)

For the butterfish, we took a different approach. This fish is best from the pan. Serving a large group this way is tricky. Our solution? We simply threw more chefs and more cooking stations at the situation. With 12 chefs and 24 butane stoves dedicated to simply flash frying the fish at the last possible moment, we ensured each plate was perfect.

Delicacies from the Sea

Best Main Course Plate Presentation



RECIPE

Sous Vide Butter Poached Lobster Tail

Ingredients

lobster tails
butter
other aromatics if desired
salt and paprika (smoked paprika can be fun) to taste / as desired

Instructions

Flash boil the lobster tails in their shells for 90 - 120 seconds. Be careful to not cook the tails longer than this at this stage. Par-boiling the tails is simply to help remove them from the shell, shape as desired, and vacuum pack without the lobster falling apart. After boiling, immerse the tails in an ice bath and allow to cool completely.

Preheat your water bath to 129 F.

Remove the lobster meat from the shells. Melt butter. Add raw lobster tails, butter, and any desired aromatics to sous vide suitable bags. We prefer 8 tails to approximately 3 cups butter for each bag. Vacuum seal.

Take care when packing the lobster to set the tails how you'll prefer them for service. In some presentations we prefer them in a tight curl. Other times, we prefer them flat and straight. Setting the shape at the time of the vacuum seal is a huge help to achieving your final desired plate.

Add the bagged lobster to the water bath. Once the water returns to the target temperature, cook for at least 30 minutes and up to 75 minutes. If you need to hold the lobster warm longer than this window, reduce the temperature to 115-120 F.

Remove the lobster from the bags, discard the remaining contents. Sprinkle very lightly with salt and paprika. Serve with additional butter and/or other favorite accoutrements.

Delicacies from the Sea

Best Main Course Plate Presentation

RECIPES

Pan Seared Butterfish with Sweet Corn

Zabaglione SERVES 2

Ingredients

2 butterfish fillets, skinned (about 6 oz. each)
 kosher salt and pepper to taste
 olive oil, to taste
 2 ears of corn, shucked, kernels cut off
 1 garlic clove, minced
 1/2 yellow onion, chopped
 2 c. heavy cream
 1 egg yolk

Instructions

For the Butterfish: Heat a small amount of olive oil in a frying pan until sizzling. Season the fish with salt and pepper on both sides, pressing the seasonings into the flesh. When the oil is hot, Lay the fillets presentation side down in the pan and sear for 2 minutes. Flip over. The fish should be golden on top. Sear on the other side for about 1 minute more and then turn off the heat, leaving the fish in the pan to continue cooking. Keep warm.

FOR THE SWEET CORN ZABAGLIONE

In a large saucepan, sauté the onion and corn in a small amount of olive oil until tender. Add the garlic and sauté for 1 minute. Add the heavy cream and let simmer for 5-6 minutes. Remove from the heat and let cool for at least 10 minutes. Place the corn/cream mixture in a blender. CAREFULLY puree until smooth. Strain the mixture through a sieve into a bowl. In a small bowl, whisk the egg yolk until broken up. Add a small amount of the strained sauce to the yolk, whisking well each time, until the yolk is warmed. Add the yolk to the sauce and whisk in well.

Cook the sauce in a double boiler until slightly thickened and hot. Season with salt to taste.

Classic Risotto

Ingredients

3 lbs arborio rice
 1 yellow onion
 2 T garlic minced
 2 cups white wine
 1 1/4 gallon chicken broth
 1.5 c cream
 1.5 c parmesan
 S&P to taste
 1 tsp olive oil
 1 T of fresh thyme, sage, and rosemary, parsley

Instructions

Heat olive oil and sauté onion until tender, add garlic and sauté until fragrant. Add Rice, and stir for 1-2 minutes. Add Wine to deglaze pan. Add 1/3 chicken broth. Let Rice absorb all the liquid, stirring occasionally. Add 1/3 more chicken broth, Let Rice absorb all the liquid, stirring occasionally. Add final 1/3 chicken broth, Let Rice absorb all the liquid, stirring occasionally. Add Cream and Parm and herbs.

Delicacies from the Sea