



ENTERTAINING AT HOME

by CHEF ALBRICH

Chef Albrich
where art meets fine dining

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From intimate dinner parties to larger gatherings of several hundred people, Chef Albrich will delight your guests and make your event a real culinary success. Call early for your next affair.

Seasoned Perch Fillet

with a Medley Of Vegetables & Spicy Mamey Sauce



In keeping with low fat recipes, this month I bring you another real delight for your taste buds. The dish has no fat except for a tiny amount of olive oil (a good fat) to cook the fish and veggies. It also contains celery, garlic and fresh ginger all of which help people with high cholesterol, high blood pressure and heart disease, or who are just trying to watch their weight and eat healthy.

You can prepare the dish with a side of sushi, rice or some other starch of your choice. If you are trying to cut down carbs, prepare it just like we suggest and skip the extra carbs.

Ingredients

(yields 2-3 servings)

- 1-lb. fresh Perch fillet
- 2 stalks of celery
- 3 inches of thick fresh ginger root
- 1/2 red pepper
- 8 miniature cobs of sweet baby corn
- 1/2 bunch of cilantro
- 1/2 cup of green onions
- 1/4 of a ripe fresh large mamey (a fruit) (can also use frozen)
- 1 1/2 lime
- 4 tbsp. olive oil
- 3 tbsp. Japanese seasoned vinegar
- 2 large garlic cloves
- 1/4 cup of fish stock
- Several leaves of Boston or Iceberg lettuce
- 2 tbsp. of water
- Salt & pepper to taste
- Cayenne pepper to taste

Preparation

Cut fish into 2 or 3 pieces (depending on how many total courses the meal has). Season with salt, pepper, 1 large garlic clove pressed and the juice of 1/2 lime. Set aside while you prepare the rest.

In a blender put the mamey (cut in chunks), add 3 tbsp. of Japanese seasoned vinegar, 2 tbsp. of water, the juice of 1/2 a lime, a little salt and a dash of cayenne pepper. Blend a short time and set aside.

Cut the celery, fresh ginger and red pepper in julienne (thin slices like match sticks). Add about 8 fresh mini sweet baby corn cobs (about 4 inches each). In a shallow non-stick pan, over high heat, add 2 tbsps. olive oil and put in all the veggies. Season with a large clove of fresh garlic pressed, and salt and pepper to taste. Sauté for about 1 minute and then add 1/4 cup of fish broth and the juice of 1/2 lime. Cook for a short time (3-4 minutes) or to taste. When done, mix in the fresh cilantro leaves and the green onions cut diagonally in about one inch pieces.

In another non-stick frying pan add 2 tbsp. olive oil and cook fish over medium heat, turning only once if possible. Do NOT overcook, but try to get a nice crust.

Plating the dish

Put some hand shredded lettuce leaves in the center of a plate so they form a small mound about 4 inches in diameter. Add the vegetable mixture over the lettuce and let it fall down the sides. Place cooked fish on top in center of plate. Spoon the mamey sauce around the sides and on top of the fish. Sprinkle with cilantro leaves.

Conclusion

Sit down and enjoy a delicious meal, perfectly healthy and incredibly tasty. The distinct tastes of garlic, ginger, lime and mamey will all blend together in harmony. Remember, food does not have to be fattening to taste good. It is all a matter of making the right choices and blending the right ingredients.

For your next dinner party, give me a call at 305.817.2955 and I will delight you and your guests. Book early for events during the season.