

Oven Roasted Tomatoes & Fresh Corn Grits

Chef Bryan Voltaggio

Allergens

- Vegan friendly
- Contains dairy
- Gluten-free

Kitchen Tools

- Baking sheet
- Mandolin or micro-plane grater
- Small saucepan

Ingredients

For Oven Roasted Tomatoes:

- 6-8 roma tomatoes, San Marzano
- 3-4 garlic gloves sliced
- Salt
- Pepper
- Olive oil

For Fresh Corn Grits:

- 5-6 ears of fresh corn
- 3 tbsp. unsalted butter
- 1 small shallot (minced)
- Olive oil
- 3 tbsp. water
- Salt
- Fresh herbs (optional)

Instructions

For Oven Roasted Tomatoes:

1. Pre-heat the oven at 205 degrees with convection
2. Cut the tomatoes in half and season with salt and pepper, drizzle with olive oil
3. Place tomatoes into the oven for 45 minutes

For Fresh Corn Grits:

1. Use a mandolin or micro-plane grater, remove all the corn kernels from the cobs
2. Carefully do this over a bowl as the corn, will have a lot of liquid you will need to cook the corn
3. Place all of the shucked broken corn into small saucepan, bring to a low simmer stirring constantly
4. Add the water and continue to cook until it starts to thicken, season with salt and finish with the butter
5. Cook for approximately 6-8 minutes
6. You can also add minced chives or other fresh herbs from your garden (i.e. tarragon or parsley)



Black Bass & Chimichurri

Chef Bryan Voltaggio

Allergens

- Contains seafood
- Contains dairy

Kitchen Tools

- Blender
- Non-stick pan
- Absorbent towel
- Metal cake testers (or toothpick)

Ingredients

For Black Bass:

- 5 ½ - 6 oz. portion, typically ½ of one fish
- 1 tbsp. butter
- 3-4 springs of fresh lemon thyme
- 1 garlic clove (smashed)

For Chimichurri:

- 1 cup fresh herbs (parsley, chervil, basil, cilantro) any combination you like
- 3-4 garlic cloves
- 1 tsp. dried oregano
- 1/3 cup olive oil
- 2 ½ tbsp. red wine vinegar
- Sea salt
- Cracked pepper
- Few dashes of lime juice

Instructions

For Black Bass:

1. Brine the bass in 10% saltwater brine for 30 minutes
2. Be sure to pat the fish dry after removing from the brine and check for scales and pin bones
3. Use a non-stick pan heat grapeseed oil until it starts to shimmer in the pan, not smoking
4. Carefully add the fish skin side down, cook for 2-3 minutes until the skin begins to brown
5. Add the butter and aromatics, baste the butter over the underside of the fish to finish the cooking process
6. When you can pierce the fish with a very thin metal cake testers with no resistance, the fish is done
7. Remove from the pan and place on an absorbent towel

For Chimichurri:

1. Rough chop the herbs and place into a blender with the garlic, oregano, and red wine vinegar
2. Start to pulse the blender and then add in the oil, puree the sauce until all the herbs have been chopped into a mince
3. Remove from the blender and season with the salt, lime juice, and pepper

For Plating:

1. Add arugula leaves, other picked herb leaves along with oven roasted tomatoes, fresh corn grits, black bass and chimichurri sauce throughout
2. Enjoy!

