

Black Grouper with Sautéed Corn and Mushrooms

Serves 4

Ingredients:

- ➲ 1½ lb black Grouper
- ➲ 3 cups fresh corn, shucked off husk (you can substitute frozen)
- ➲ 1 pint sliced baby Bella mushrooms
- ➲ Splash of dry white wine
- ➲ 3 finely sliced scallions
- ➲ 3 tablespoons finely chopped parsley plus more for garnish
- ➲ 4 handfuls rockette (or arugula)
- ➲ 2 lemons
- ➲ 1 Fresno chile, finely minced
- ➲ 2 cloves garlic, thinly sliced
- ➲ Olive oil
- ➲ 3 pats butter
- ➲ Kosher salt and pepper to taste (I love Penzey's Florida Seasoned Pepper)
- ➲ 1 tsp garlic powder

Preparation:

In a medium skillet, heat 1 tablespoon of olive oil on medium-high and add corn. Sauté for about 5 minutes, stirring frequently until corn turns golden in spots and begins to caramelize. Remove from heat, and set aside in a bowl. Return skillet to flame and add another tablespoon of oil and a tablespoon of butter, add mushrooms. Season with salt and pepper and sauté until mushrooms are tender (about 5 minutes) and then deglaze with wine. Continue to cook until all liquid is absorbed. Remove from heat and add to corn. Once cooled, add Fresno chiles, scallions and chopped parsley.

Meanwhile, heat oven or grill to 450. Take a large piece of parchment paper (for oven) or foil (if using grill) and place fish in the middle. Season generously with salt and pepper and garlic powder. Drizzle with 2 tablespoons of oil and butter. Thinly slice a lemon and place on top of fish along with sliced garlic and squeeze 1/2 a lemon over fish. Wrap tightly and seal in parchment or foil. Place on a baking sheet if using oven, and cook fish for about 15-17 minutes until done.

Plate Fish: Place a handful of rockette in the center of each plate. Place a piece of fish on top and use accumulated cooking juices from paper and drizzle generously over fish. Garnish with corn and mushroom mixture and garnish with additional parsley, lemon and sliced Fresno chile. Serve immediately.

