

Chef David Everett's
Blue Talon Bistro
WILD ROCKFISH WRAPPED IN COUNTRY HAM
WITH PARMESAN BUTTER SAUCE©
(serves 6 - 8)

Ingredients

3 lb.	Rockfish Fillets - split lengthwise & trimmed into roughly rectangular pieces
1/4 lb.	Thinly Sliced Country Ham
4 oz.	Unsalted Butter - Soft
1 ea.	Large Tomato - peeled, seeded & diced
4 oz.	Chicken or Fish Stock
4 oz.	Dry White Wine
2 oz.	Reggiano Parmesan - grated
1 ea.	Lemon wedge
2 Tbsp	Fresh Chives - minced
	Grapeseed Oil
	Sea Salt
	Freshly Grated Black Pepper

Directions

FOR THE PARMESAN BUTTER:

In a mixer, combine the butter and the parmesan and beat the butter at low speed until the parmesan is incorporated. Set aside to chill. When chilled, cut into 6 or 8 chunks.

FOR THE BEURRE BLANC

In a sauce pan, sautee shallots with a small amount of oil until the shallots are soft. Add 4 oz. of white wine and cook until the pan is nearly dry. Then add the stock and cook until the pan is nearly dry. Add a squeeze of lemon. Remove the pan from the stove.

Into the hot shallot mixture, add the chilled parmesan butter, one chunk at a time and whisk until thoroughly incorporated. Continue adding butter and whisking until the sauce is rich and creamy. Add sea salt & pepper to taste. Pour through a strainer and set aside in a warm place.

FOR THE ROCKFISH

Wrap the ham around the fish, overlapping as needed to cover the fillet. Sear the wrapped fish on all sides in a well oiled, non stick pan over medium heat and transfer to a 400 F oven for 8 minutes. Remove the fish from the oven and, with a very sharp, thin bladed knife, cut the Rockfish fillets into 3/4" thick slices at a slight angle. Arrange 6 or 7 slices on each plate. Spoon the parmesan butter sauce over the fish and garnish with the diced tomato and chives.

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