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CHAI-POACHED ALASKA ROCKFISH with CELERY ROOT PUREE

Prep Time: 15 Minutes

Cook Time: 10 minutes

Servings: 4

Recipe by Chef Erik Slater

Cooking with chai is remarkable. This tea has so many things going on in it, I thought it would be only natural to bring some fish into the mix. The rockfish absorbs an awesome flavor from the tea and becomes this gorgeous brown color all at the same time. The poaching liquid is then used as a silky, sultry sauce. I use Tazo tea in the box but you can use whichever one you like.

4 Alaska Rockfish fillets (5 to 6 oz. each), fresh, thawed or frozen
1 cup prepared chai tea
1 Tablespoon unsalted butter
1/2 teaspoon kosher salt

Celery Root Puree

1 celery root bulb, peeled
3 cups water
1-1/2 teaspoons kosher salt, divided
1 clove garlic
1/4 teaspoon unsalted butter
1/8 teaspoon curry powder

Puree: Trim and cut celery root into medium-size pieces. Boil water with 1 teaspoon of salt; add celery root and blanch for 8 minutes, or until fork tender. Drain and place in blender; add remaining ingredients. Puree on high until smooth, adding liquid (milk or stock) if needed. Season to taste.

Rockfish: In a large 12-inch skillet, bring the chai tea to a simmer over medium-high heat.

Rinse any ice glaze from frozen Alaska Rockfish under cold water, then add fish to chai in skillet. Poach for 4 minutes adjusting temperature, if needed, so that chai simmers but doesn't boil. Gently flip fish (a great fish spatula comes in handy here) and cook an additional 4 minutes for frozen rockfish or 2 minutes for fresh/thawed fish. Cook just until fish is opaque throughout. Remove fillets from liquid and keep warm.

Reduce chai for 2 minutes on high; remove from heat and stir in butter and salt. Return to heat and reduce just a bit more; season to taste.

To serve, divide puree between 4 plates. Top with a fish fillet and serve with sauce.

Nutrients per serving (without sides): 153 calories, 5g total fat, 2.5g saturated fat, 43% calories from fat, 78.5mg cholesterol, 26g protein, 0g carbohydrate, 0g fiber, 345mg sodium, 21mg calcium and 490mg omega-3 fatty acids.