



1020 M Street, Anchorage, AK 99501  
TEL 907-272-3474  
TOLL FREE 800-770-2722  
info@10thandseafoods.com

## FORBIDDEN RICE ROCKFISH

Prep Time: 20 minutes

Cook Time: 15 minutes

Servings: 4

Recipe by Chef Erik Slater

*The great thing about rice flour is that it's very fine, it's very light and it's gluten free. It also happens to make the perfect crispy coating for fish. Any rice flour will do for this recipe, but the forbidden black rice gives the dish a different color. You can buy rice flour, or use the method below for making your own. It's the perfect way to use up that last annoying bit of rice. You can even blend different kinds of rice together.*

4 Alaska Rockfish fillets (5 to 6 oz. each), fresh, thawed or frozen  
3 Tablespoons grapeseed or olive oil, divided  
3 cups forbidden black rice, uncooked  
1/2 teaspoon kosher salt

### Chipotle Corn Puree

12 oz. frozen corn  
1/2 cup diced red onion  
1/2 cup diced red pepper  
1/2 teaspoon kosher salt  
1/2 teaspoon unsalted butter  
2 Tablespoons milk  
2 Tablespoons chicken stock  
2 teaspoons chipotle sauce  
2 Tablespoons chopped cilantro  
1/2 teaspoon lime juice plus zest

### Cauliflower Cilantro Puree

1/2 head of cauliflower  
3 cups water  
1/2 cup chopped cilantro  
2 Tablespoons milk  
1/4 teaspoon kosher salt  
1/4 teaspoon unsalted butter

Corn Puree: Sauté corn, onion, red pepper, salt and butter until corn has a little brown on it. Place in blender with milk, stock and just the sauce from the chipotle peppers (add some of the peppers if you like it spicy). Puree on high until smooth, adding more liquid if needed. Fold in cilantro, lime juice and zest. Season to taste and keep warm.

Cauliflower: Trim and cut cauliflower into medium-size pieces. Boil water with a pinch of salt and blanch cauliflower for 8 minutes, or until fork tender. Drain and place in blender; add cilantro, milk, salt and butter. Puree on high until smooth, adding more liquid if needed. Season to taste and keep warm.

Rockfish: Place uncooked rice into blender or food processor and blend until it's a fine powder; set aside.

Rinse any ice glaze from frozen Alaska Rockfish under cold water; pat dry with paper towel. Drizzle a little oil into a heavy nonstick skillet and heat over medium-high heat. Brush rockfish with remaining oil, then roll fish in rice flour, making sure to cover all sides. Place the fish in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn rockfish over and season with salt, then reduce heat to medium. Cook an additional 6 to 8 minutes for frozen rockfish or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Serve with chipotle corn puree and/or cauliflower cilantro puree.

Nutrients per serving (without sides): 414 calories, 4g total fat, 1g saturated fat, 9% calories from fat, 71mg cholesterol, 31.5g protein, 60.5g carbohydrate, 3.5g fiber, 351mg sodium, 28.5mg calcium and 510mg omega-3 fatty acids.