

Olive Oil Poached Alaska Sablefish with Couscous and Saffron Broth



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 4

Ingredients:

4 Alaska sablefish fillets (approx. 6 oz. each)

2 tbsp. extra virgin olive oil

1 onion, medium dice

1 red pepper, chopped

2 stalks celery, small dice

4 cloves garlic, chopped

1/2 cup white wine

2 tsp. saffron

6 cups extra virgin olive oil

4 cups chicken, fish, or vegetable broth

2 cups chicken broth

2 cups couscous

Salt and black pepper, to taste

Fresh herb to garnish

Description:

Method:

In a small stockpot sauté onion, red pepper, celery, and garlic in olive oil until soft. Cook for approximately 10 minutes over medium heat. Once vegetables are soft, add white wine and saffron and cook for 5 minutes until saffron blossoms. Add broth of your preference and simmer for 15 minutes. Strain out vegetables and hold broth aside.

In a shallow, high-sided sauce pot heat olive oil over low heat until oil appears wavy. Add sablefish fillets into oil after seasoning them with salt and black pepper. Turn the heat to medium and cook for 10 to 12 minutes until fillets are cooked through and very white in appearance.

In a separate stockpot, heat 2 cups of chicken broth to a boil and pour over couscous that is in a medium bowl. Cover bowl with plastic wrap. Once all stock has been absorbed, couscous is ready.

To Serve: Carefully remove fillet with a slotted spatula and place on top of couscous and ladle hot saffron broth around couscous. Garnish with any fresh herbs of your choice. Recommended garnishes are zucchini and tomato, or any other colorful Mediterranean vegetable.

RECIPE COURTESY: Chef Amanda Freitag, The Harrison