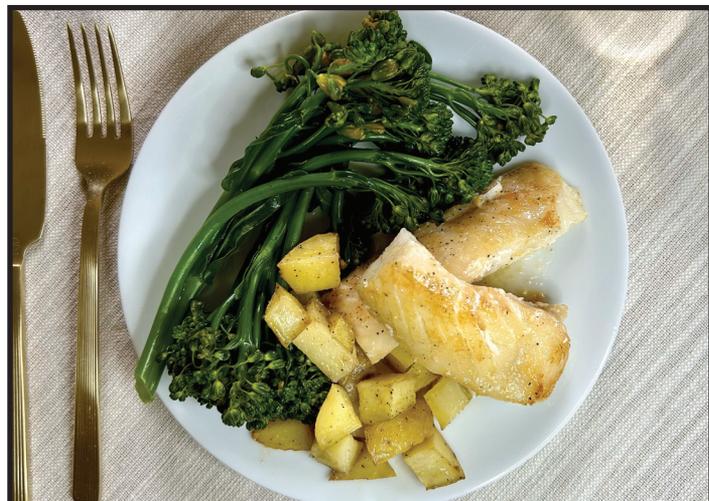


Seared White Fish *with Beurre Monte Sauce*



Pair with riesling



A delicate riesling steals the show when paired with a flaky, light fish filet topped with a fluffy beurre monte sauce. The sweetness from the wine pairs wonderfully with the buttery, toasty sauce and earthy broccolini. Beurre monte is an easy sauce that elevates any fish you pair it with. It is created by emulsifying butter and water, creating a thicker texture that helps cling to the fish. You won't be able to get enough of this decadently easy meal!

Serves three

Ingredients:

Three pieces of white fish of choice (I used cod), halved
1-2 tablespoons oil
Salt and pepper to taste

For the Beurre Monte:

3 tablespoons water
8 tablespoons butter, cold, cubed

To serve:

Broccolini, steamed
Potatoes, roasted

Directions:

In a nonstick sauté pan, heat oil until hot. Pat dry the fish with a paper towel and season with salt and pepper. Sear the fish in the pan until golden, flip and continue cooking until the fish reaches 135 degrees F, about 5-7 minutes. Remove the fish from the pan and set aside. Scrape out any large debris left from the fish and add the water. Once simmering, whisk in butter, one cube at a time until it completely melts. Do not stop whisking – this creates the emulsion. Once all your butter has been incorporated (about 5 minutes), remove from heat but keep warm.

Plate the fish and drizzle with the beurre monte. Serve immediately with a glass of riesling. Enjoy!