



Roasted Belize Cobia **with braised fennel, watercress puree, smoked bacon & shallot relish**



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Trim and clean the fennel, reserving some fronds. Cut into rough dice. In a large pot cook it slowly with some virgin olive oil and a touch of chicken stock. Season with some salt and let cook very slowly, covered, until completely melted. Reserve for later use. Can be chilled at this point if necessary. Reheat and add the chopped fronds, Italian parsley, check salt and pepper.

For the shallots, wrap them in tin foil with some fresh thyme and a pinch of good salt and a splash of olive oil. Seal and bake in the oven at 375°F until tender. Cool, chop. Cook some smoked bacon til almost crisp, chop well and mix with the shallots. Season with chopped parsley, check salt and pepper.

The Belize Cobia should be seasoned with salt and pepper and roasted in a hot pan and finished in an equally hot oven. Cook to medium. When finished drizzle with a little white wine and lemon.

Compose the plate with the fennel in the center, Belize Cobia on top and the relish on the fish.