

Recipe of the Month

January 2006

Sea Captain's House

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Award Winning

Sweet Potato Crusted Grouper with a Cracked Black Pepper Honey Butter Sauce

Ingredients:

4 grouper filets

For crust:

2 sweet potatoes shredded & squeezed to remove excess moisture

1/2 T fresh chopped thyme

2 T fresh pureed ginger

1 C plain bread crumbs

Salt and pepper to taste

For butter sauce:

2 C good Chardonnay

1/2 C honey

1/4 C cracked black pepper

1 shallot, chopped

1 lb unsalted butter, cubed

Juice of one lemon

Preheat oven to 450 degrees.

Combine sweet potatoes, thyme, ginger, bread crumbs and set aside.

Dust grouper filets in flour, shaking off excess. Dip in egg wash. Top filets with sweet potato crust.

In preheated sauté pan, cook the grouper crust side down until brown and crispy. Remove from sauté pan, turn over so crust side is up and finish cooking in a 450 degree oven.

Combine wine, shallot, honey, pepper and lemon juice in a saucepan, reduce until nearly gone. Let the reduction rest a minute to cool before adding butter. Add butter one cube at a time over low heat while constantly stirring until all of the butter is incorporated. Season with salt to taste. Add more honey or lemon juice depending on your tastes.

Serve fish with butter sauce. Enjoy!