

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Roasted Whole Petrale Sole with a Spring Risotto

BY CHEF SCOTT WARNER OF BISTRO DON GIOVANNI, NAPA

Ingredients

½ onion finely chopped
2 tbsp. olive oil
¼ cup dry white wine
1 cup risotto rice
(arborio or carnaroli)
2 tbsp. pancetta diced
1 clove garlic chopped
1 zucchini or handful of baby
squash diced
4 cups fish stock
1 lemon
1 tbsp. butter
1 tbsp. mascarpone
Salt and pepper

Directions

Place stock in a small pot and bring to a simmer.

In another small pot over medium heat add olive oil and onion and cook for about 2 minutes.

Add rice, pancetta and garlic. Continue cooking for about 2 minutes.

Add wine and cook until absorbed.

Add a few ladles of stock just until covered. Continue cooking while gently stirring.

Continue adding stock as it becomes dry. After about 10 minutes add zucchini to pot and continue cooking until rice is just tender to the tooth (“al dente”).

Stir butter, mascarpone a squeeze of lemon and a fine grating of lemon zest into risotto. Texture should be smooth and flowing, not standing up clumpy like dry mashed potatoes.

Meanwhile, generously season fish with salt and pepper and oil.

Place in a large hot skillet and cook about 4-6 minutes on each side. Depending on size of fish.

Plate, debone and generously lather with lemon and olive oil.