

Seared Whitefish with Creamy Grits, Sweet Corn Chow Chow and Poached Herring Butter

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Potawatomi Bingo Casino, WI

Yield/Servings: Serves 4

Main Ingredients:

- 2 each Whitefish fillets, skin on and cut in half
- 2 Tbsp. Canola oil
- 2 fl. oz. Poached herring butter sauce

Main Instructions:

1. Heat saute pan over medium high heat.
Add canola oil and sear fish portions skin side down.
Continue cooking until browning appears up the side of the fish. Turn fish over and continue cooking for one minute. Remove from pan.
2. Plate fish with butter sauce under the fish to keep skin crispy.
3. Serve with 1/4 cup creamy grits and 1/4 cup sweet corn chow chow.

For the Sweet Corn Chow Chow:

- 1 ear Fresh sweet corn, cut off the cob
- 1 Tbsp. Red pepper, small dice
- 1 Tbsp. Roma tomato, small dice
- 1 Tbsp. White onion, small dice
- 1/4 cup Champagne vinegar
- 1/3 cup Cold water
- 1 tsp. Sugar
- 1 pinch Fresh ground mustard seed
- 1 pinch Fresh ground coriander
- 1 tsp. Chopped fresh herbs (basil, thyme and parsley)
- To taste Salt and pepper

1. Combine all ingredients in large bowl and let sit at room temperature for 45 minutes.
2. Adjust seasoning with salt and pepper to taste.
Serve at room temperature.



For the Creamy Grits:

- 1/4 cup Stone ground white grits
 - 1 cup Chicken stock
 - 1 Tbsp. Butter
 - 2 Tbsp. Heavy cream
 - To taste Salt and white pepper
1. Bring stock and cream to a boil.
 2. Add grits and continue to simmer over medium low heat for 30 min. Stir occasionally.
 3. Turn off heat and add butter. Season with salt and white pepper to taste.

For the Herring Butter:

- 1 cup Court bouillon or vegetable stock
- 2 Tbsp. Sweet white wine
- 1 Tbsp. Heavy cream
- 1/4 cup Butter, cubed
- 2 each Lake herring fillets, skin off
- To taste Salt and white pepper

1. Bring bouillon and white wine to a light simmer. Turn off heat and let sit for 1 minute.
2. Add herring to liquid and let sit for 3 minutes or until cooked all the way through.
3. Remove herring and set aside, Discard 1/2 of the liquid in the pan.
Add the heavy cream and reduce remaining liquid by half.
4. Remove from heat and slowly add the cubed butter.
5. Lightly shred the cooked herring and add to butter sauce.
6. Season to taste with salt and white pepper.