“The Local Buy” Recipe, Episode 609

Pan-Seared Rockfish with Roasted Pepper Medley and Three Pepper Gastrique

Courtesy of City Perch Kitchen + Bar

Ingredients

- 3 cups of chopped mini sweet peppers (yellow, red, and orange)
- 3 cups of chopped shishito peppers
- 3 cups of chopped small red bell peppers
- 6 cups of thin chopped yellow onions
- 3 cups of white wine
- Salt and pepper to taste
- Olive oil
- Rockfish (or any other white fish or salmon)

Directions

1. Toss one cup of each color pepper in olive oil, salt, and pepper. Bake in the oven at 350 degrees for 15-20 minutes.
2. While some of the peppers roast in the oven, cook chopped onions on stove until soft.
3. Separate onions into three servings of one cup each
4. Combine 2 cups of peppers and 1 cup of onions in pan and cook until peppers are soft.
5. Add 1 cup of white wine and let it reduce all the way.
6. Add a pinch of salt and pepper to taste.
7. Once the peppers are soft, blend the peppers and onions in blender or Vitamix until smooth.
8. Set sauces aside until fish and roasted peppers are finished cooking.
9. Repeat steps 4 through 7 for each type of pepper.
10. Once the sauces are ready, heat 2 tablespoons of olive oil in a large nonstick skillet until shimmering.
11. Season rockfish with salt and pepper and add to the skillet skin side down.
12. Cook over moderately high heat until the skin is browned and crisp (about 3 minutes).
13. Flip the fish and cook until flaky white and cooked through.
14. Place the fish over the pepper medley and top with pepper gastrique of your choice.