

PANKO CRUSTED OVEN-FRIED WILD PACIFIC ROCKFISH WITH YUKON GOLD MASHED POTATOES AND PAN-ROASTED BROCCOLI FLORETS

for fish:

wild Pacific Rockfish fillets, or any thick whitefish such as Halibut

coarse salt and black pepper

Tempura batter mix (or a mix of flour, cornstarch, baking soda and baking powder)

eggs, lightly whisked

Panko crumbs (Japanese breadcrumbs)

vegetable oil, melted butter or mayonnaise

seasonings and herbs, if desired

lemon wedges

for mashed potatoes:

Yukon Gold potatoes, peeled, cut into large chunks

cold water

Himalayan pink salt crystals

half & half

butter

sour cream, not too much

white pepper

a bit of freshly grated nutmeg, optional

for broccoli florets:

a head of fresh broccoli

olive oil

freshly squeezed lemon juice

a bit of fresh garlic, minced, or garlic powder

a few tablespoons of chicken or vegetable broth

Himalayan pink salt crystals

coarsely ground black pepper

Prepare fish. Cover a sheet pan with nonstick foil, place in the oven and preheat to 380F-to-420F.

Cut Pacific Rockfish fillets into equal portions, pat dry with paper towels and season with salt and pepper. Add tempura batter, or flour mix, into a shallow bowl and whisk to break any lumps; season with spices if desired (I don't). In another bowl add whisked eggs. In yet another bowl mix Panko breadcrumbs with a bit of oil, butter or mayonnaise; season with herbs if desired (I don't).

Cover fish pieces with tempura batter mix and shake off excess flour. Next dip into eggs and then cover entirely with breadcrumbs. Set aside onto a platter and repeat with the rest. Remove pan from the oven, brush with oil and transfer the fillets onto it. Return to oven and bake on the middle rack until crust is an even golden brown and fish is tender, opaque inside and flakes apart when gently poked with a fork. Flip the fillets halfway through baking time; this should take anywhere between 15-to-30 minutes depending on the thickness of the fish. Serve with lemon wedges.

Prepare mashed potatoes. Place potatoes in a large saucepan, add cold water to cover by 2-inches and generously season with salt. Bring to a boil and cook until fork-tender, about 15-to-25 minutes. Drain thoroughly and return to pan over low heat until extra surface moisture is evaporated.

Mash potatoes while still hot, using either a flat-face grid pattern potato masher or a large serving fork. If you have a food mill or a potato ricer use it to produce a light and fluffy mashed potatoes stay away from hand blenders/mixers or food processors. Over-processing the potatoes will activate the starch and result in a gluey paste; so mash the potatoes quickly but efficiently and avoid over mixing with a spoon.

Warm half and half and butter until heated through and butter melted. Gently fold into mashed potatoes with a bit of sour cream until desired consistency is reached. Yukon Gold potatoes have a natural buttery taste and a higher moisture content than starchy potatoes, so they require less liquid. Remember, mix just to combine. Season to taste with salt, white pepper and grated nutmeg. Keep warm until ready to serve.

Prepare pan-roasted broccoli. Use a sharp paring knife to cut off the individual broccoli florets as close to the crown as possible. Then cut through the stem in half into even bit-sized pieces and trim off leaves. Wash away dirt under running water and drain.

Place florets into a heavy-bottomed stainless steel saucepan. Add olive oil, lemon juice, minced garlic and broth. Season with salt and pepper and toss to combine. Turn stove-top on medium-high heat. When bottom of pan starts to sizzle and steam starts to appear, toss once, cover, lower heat to medium-low and cook broccoli until just over al-dente; shake pan once in a while to prevent scorching.