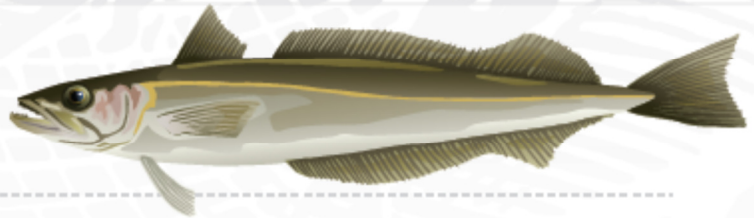


Whiting

Merluccius bilinearis



Whiting is popular in foreign markets, such as the United Kingdom and Spain. This abundant fish is less known to consumers in the United States domestic market. As a result, there is little demand for local whiting. Also known as silver hake, whiting is harvested in the Gulf of Maine from July to November, and fishermen are required to use specialized gear to avoid bycatch of other, non-targeted, marine species.

Whiting have tasty, but small, fillets that must be handled carefully so as not to overcook. They are very flavorful, and can be prepared baked whole, pan fried, or broiled.

Pan Seared Whiting

With Cauliflower Raisin Quinoa & Citrus Pan Sauce

In a dry food processor with a metal blade "ground" the florets in small batches, set aside. In a hot skillet add 2 tbs olive oil and 1 tbs of the butter. Add the cauliflower and brown, stirring occasionally until caramelized all around. Add the quinoa, almonds and the strained raisins. Cook another 3 minutes and season with salt & pepper, set aside. Keep warm.

Heat a heavy cast iron skillet. Pat dry and season the fillets on both sides. Add 2 tbs of oil and butter and cook the nice side down for about 3-4 minutes, depending on thickness. Add more butter if needed and keep basting this butter on top of the fish. When fish gets very crispy turn over and cook it another minute or finish in the oven. When fish is done, place over paper napkins and keep warm. Wipe out skillet, add 2 tbs butter and heat again. Add the citrus segments and citrus juice and swirl contents of pan creating an emulsion. Season with salt and pepper and chopped herbs if preferred. Serve hot.

Prep time: 30 minutes. Serves: 4 people.

*Courtesy of Executive Chef Mitchell Morgan Kaldrovich
Sea Glass Restaurant / Inn by the Sea, Cape Elizabeth, Maine*

4 fillets of whiting
4 tbs unsalted Butter
4 tbs olive oil
2 tbs capers
4 tbs toasted almonds
¼ cup raisins, pre-soaked overnight
2 cups cooked organic quinoa
1 head of cauliflower, florets only
Kosher salt and pepper
Fresh chopped Italian parsley
Segments and juices of: 1 each: orange, lime, lemon

