

*Pan Roasted Tilefish atop Crispy Brussels Sprouts, Lemon Butter Sauce, and  
Faro, with Roasted Shallot Jam*



Ingredients

**Fish:**

Four (4-6 oz.) portions of Florida Tile fish, skin off

2 tbsp. vegetable or canola oil

kosher salt

ground black pepper

**Brussels Sprouts:**

1# Florida Brussels Sprouts

2 tbsp. vegetable or canola oil

kosher salt

ground black pepper

**Lemon Butter Sauce:**

1 shallot, peeled and minced

1/4 cup white wine vinegar

1/2 cup dry white wine

2 tbsp. heavy cream

1 stick COLD unsalted butter

zest from 1 lemon, chopped fine

juice from 1 lemon juice

kosher salt

ground white pepper

**Faro:**

1/2 cup faro

1 1/2 cups chicken or vegetable stock

large pinch salt

small pinch ground black pepper

1 spring fresh thyme, leaves removed from stems

**Roasted Shallot Jam:**

5 shallots, peeled and minced

2 tbsp. unsalted butter  
2 tbsp. apple cider vinegar  
2 tbsp. light brown sugar  
kosher salt  
ground black pepper

#### Procedure

1. Preheat oven to 375°F.
2. Start the faro first. Combine faro, stock salt and pepper in a 1-quart sauce pan with a tight fitting lid. Bring to a boil, and reduce to a simmer. Place lid on, reduce heat to low and cook for 25-30 minutes until cooked with a slight bite or chew. Fluff with a fork, and add fresh thyme. (alternatively- follow the instructions on the package). If faro is unavailable, barley would be a great substitute!
3. Next start the jam. Mince 5 shallots. Add to a heavy bottomed pan with 2 tbsp. unsalted butter. Cook over low heat, stirring occasionally until they are a deep rich brown. Season with salt. This will take about 20-30 minutes. Add the apple cider vinegar, light brown sugar. Continue cooking until slightly sticky, while stirring, about 2-3 minutes. Season with ground black pepper.
4. Start the Brussels sprouts. Wash the Brussels sprouts well. Then slice thin, or shred using a mandolin or shredding attachment of a food processor. Toss them with vegetable oil, salt and pepper. Lay out flat on a baking sheet so they are not piled on top of each other. Bake stirring occasionally for about 20-30 minutes, until the edges are brown and crispy.
5. When the faro, jam, and Brussels sprouts are ready, keep them warm and start the tilefish. Heat a heavy bottomed sauté pan over medium high heat. Add the vegetable oil. Season the fish both sides with salt and pepper. When the oil is hot it will become very fluid and slightly start to smoke. Carefully place each piece of tilefish in the pan, flat side up. Do not move the fish, but let it sear in the hot oil until the edges are starting to turn golden brown. Using a spatula, flip the fish over carefully. Sear on the second side until brown and the fish is barely cooked through. To test if your fish is cooked, but not overcooked, press on the top of the fish and it should break into flakes that are moist, and slightly translucent in the middle.
6. Finally, make the lemon butter sauce. In a different non-reactive saucepan, bring vinegar, wine, lemon zest, and shallots to a simmer. Simmer until reduced to 1 tbsp. Add heavy cream. Simmer until this mixture is reduced to half again. Cut the COLD butter into approximate 1 tbsp. chunks. Turn heat off of pan and swirl in one chunk of cold butter at a time until it is all incorporated. This should be a creamy sauce. If butter does not melt, turn the burner on for 5 seconds. If the butter is melting instead of swirling in, remove from heat for a few seconds to cool down before continuing. Season to taste with lemon juice, salt and pepper.
7. Time to eat! Divide the faro between 4 plates. Place a piece of fish on top. Spoon the Brussels sprouts around the outside. Spoon the lemon butter sauce on top of the fish. Serve with roasted shallot jam.

-Serves 4

© 2016 Chef Jennifer M. Denlinger [www.FloridaChef.net](http://www.FloridaChef.net)