



MAINES

PAPER & FOOD SERVICE, INC.

Moonfish With Vine-Ripe Tomato Butter

Ingredients	Yield: 1 Serving
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- 6 oz. Moonfish fillets, cut into 3 oz. fillets
- 2 oz. Vegetable Oil
- 1 1/2 tsp. Garlic, finely minced
- 3/4 tsp. Lemon juice
- 2 1/4 tsp. White wine
- 1 1/2 tsp. Parsley, chopped
- 4 oz. Butter, cut into cubes, room temperature
- t.t. Salt
- t.t. Black pepper café
- 1 oz. Parmesan cheese, shredded
- 4 oz. Rice Pilaf
- 4 oz. Tomato Concasse
- 1 oz. Shallot, minced
- 1 Tlb. Butter

Preparation Instructions:

To make the Concasse:

1. Remove the core of the tomato with the tip of a small knife.
2. At the other end, lightly score (just break the skin) of the tomato by cutting an X.
3. Plunge the tomatoes into a pot of rapidly boiling water for 10-20 seconds (blanch).
4. Remove the tomatoes with a slotted spoon and place into a bowl of ice water to stop the cooking process
5. The peel should now peel off; you may need to use a paring knife to remove
6. Place the tomatoes on a cutting board with the core side down and cut in half. Remove the seeds with a teaspoon and discard. Roughly chop the tomatoes to the desired size
7. Gently saute the shallots and the tomatoes in butter and set aside until required

To make the Fish:

1. Heat the saute pan on medium heat until hot. Add the oil.
2. Season both sides of fillets with salt and pepper and place in saute pan. Sear on both sides until medium done, approximately 4 - 5 minutes total depending on thickness of fish.
3. Remove the fish from pan and keep warm; then add the garlic; stirring consistently. Add the reserved tomato concasse, lemon juice and white wine on medium heat; let reduce until most liquid is gone.
4. Reduce heat on pan and add a little butter at a time to create the sauce. Add chopped parsley and season with salt and pepper to taste.

To Serve:

1. In center of plate place rice pilaf, top with Moonfish fillets and then garnish with vine-ripe tomato butter. and shredded Parmesan. Serve immediately.

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Moonfish fillet	Indian Ridge	095744	6 oz.	\$3.72
Vegetable Oil	Gem	370830	2 oz.	\$0.12
Garlic	Markon	097210	1 1/2 tsp.	\$0.08
Lemon juice	Katy's Kitchen	210498	3/4 tsp.	\$0.02
White wine	N/A	N/A	2 1/4 tsp.	\$0.30
Parsley	Fresh	097526	1 1/2 tsp.	\$0.11
Butter	Grassland	000110	4 oz.	\$0.52
Salt	Katy's Kitchen	340620	t.t.	\$0.02
Black pepper, café	Culinary Secrets	345631	t.t.	\$0.03
Parmesan cheese, shredded	Great Lake	014044	1 oz.	\$0.24
Rice Pilaf	Uncle Ben	331502	4 oz.	\$0.56
Tomato Concasse	Fresh	097792	4 oz.	\$0.26

Shallot	Fresh	O97737	1 oz.	\$0.18
Butter	Grassland	000110	1 Tlb.	\$0.06

Recipe Cost	\$6.22
Portion Cost	\$6.22

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$19.95	\$6.22	\$13.73	31.18%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$20.95	\$6.22	\$14.73	29.69%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$21.95	\$6.22	\$15.73	28.34%