

Baked Fish Encrusted with Caramelized Onion Polenta and served with Sweet Pickle and Chili Powder Hollandaise

Created By Make Mine Wine Chef Tom White as part of A Memorable Summer Meal that included Baked Fish Encrusted with Caramelized Onion Polenta Served with Sweet Pickle and Chili Powder Hollandaise and Baked Asparagus Custard Served with Chocolate Dipped Asparagus Spears.

Note Make-Ahead Tips for the entire meal below.

Fish:

1 lb white fish fillets such as walleye, catfish

Nonstick spray

Preheat oven to 375. Spray a baking dish and bake fish until opaque and flakes easily. Set aside.

Polenta:

1/2 medium onion diced

1 TBS Extra Virgin Olive Oil

1 Tsp fresh Dill Weed

1 Cup Yellow Cornmeal

Salt

2 3/4 Cups cold water

Heat EVOO in sauté pan. Add onions and dill. Sauté until brown and caramelized. Set aside. Put cornmeal in stock pot add a dash of salt and the cold water. Gradually bring to a boil, reduce to simmer. Cook 20 minutes until very thick. Stir in onion mixture.

Assemble.

Spray a loaf pan. Put 1/2 polenta in pan. Lay fish fillets in middle. Top off with rest of polenta. Set in refrigerator to cool. Meanwhile make sauce.

Hollandaise Sauce:

10 oz clarified butter

3 egg yolks

2 oz cold water

1 oz lemon juice

Salt

2 TBS diced sweet pickles

2 Tsp chili powder

To clarify butter heat the butter slowly in a saucepan until it separates, then pour off the clear melted butter leaving the solids in the bottom of the pan; discard solids; the clear liquid is the clarified butter. Beat the yolks in cold water in a

stainless steel bowl and beat in a few drops of lemon juice. Hold the bowl over a boiling water bath and beat until thick and creamy. Using a ladle slowly - very slowly - beat in the warm clarified butter. When all the butter is added beat in the rest of the lemon juice. Add a dash of salt and stir in the pickles and chili powder. Set aside and keep warm.

To assemble the dish:

Slice the cooled layers polenta into 2 inch thick slices. Using a grill or a grill pan grill the polenta on each side about 2 minutes. Put two pieces of polenta on a plate and top with about 2 TBS of Hollandaise Sauce and serve.

Wine Suggestions

Salad:

Grape Escape Winery Simply White or
La Vida Loca Winery Edelweiss

Entrée: Baked Fish Encrusted with Caramelized Onion Polenta
Served with Sweet Pickle and Chili Powder Hollandaise
Prairie Moon Winery Seyal Blanc 2006

Dessert: Baked Asparagus Custard
Served with Chocolate Dipped Asparagus Spears
Tassel Ridge Winery Finale Premier Red Dessert Wine or
Stone Hill Winery Cream Sherry

Preparation Tips:

2 -3 days ahead

Prepare Mushroom Tapenade. Cover and chill.

Prepared Roasted Beef Dressing. Cover and chill.

Up to 1 day ahead:

Prepare polenta. Cover and chill.

Prepare asparagus custard. Cover and chill.

Finish meal when ready to serve.

Tips:

Beware: Hollandaise Sauce becomes scrambled eggs if you get the mixture too hot!

Note: Don't be intimidated by polenta. Tom's instructions for cooking polenta are a bit more foolproof than the traditional Italian preparation of starting with boiling water. Tom suggests using cold water, which keeps the polenta from cooking too quickly.

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