

Chef Alan Wong Presents: TroutLodge Marine Farms

Pan Seared Big Island Butterfish with Raspberry-Thyme Sauce

- (4) 4-6 oz portions Big Island Butterfish Filets

Marinade

- 1-2 Tbsp extra virgin olive oil
- 1 Tbsp soy sauce
- 1 Tbsp sugar
- 2 tsp lime juice
- 1/4 cup White Zinfandel

Raspberry-Thyme Sauce

- ½ cup fresh or frozen raspberries
- 2 Tbsp fresh (chopped) or ½ tsp dry (crushed) thyme
- 1 cup White Zinfandel
- 1 tsp sugar
- 2 Tbsp minced shallots
- 1 cube butter cut into Tbsp-size pieces
- White pepper to taste

Mix marinade ingredients together. Place Butterfish fillet pieces in bag and pour marinade over fish. Let stand in refrigerator for 1 hour. While fish is marinating, crush raspberries and thyme with wine and sugar. Place mixture in sauce pan, add shallots, and bring to boil. Simmer uncovered for 5 minutes. Strain and return the liquid to the sauce pan. Simmer uncovered until reduced to about 1/3 cup and mixture begins to thicken. Set aside. Place olive oil in heavy skillet (cast iron or similar) and heat over medium heat until hot. Place marinated fillet pieces in pan and cook, turning once, until lightly browned (about two minutes per side).

Remove from pan and keep warm.

Reheat raspberry mixture until it begins to bubble. Whisk in butter pieces one Tbsp at a time, adding next piece just before previous one is absorbed. Stir in pepper if needed. Divide sauce onto 4 plates and place cooked fillets onto the sauce. Garnish with sprig of thyme and a raspberry, if desired. Serve immediately.