

Crispy Rockfish & Grape-Butter Sauce

with Green Beans & Corn

TIME: 45-55 minutes

SERVINGS: 4

Tonight's recipe is based on the team challenge-winning dish from the September 6 episode of MasterChef Season 8 on FOX. We're cooking flaky rockfish fillets Francese-style—lightly coating them with flour and egg for a rich crust that crisps up perfectly in the pan. Equally exciting is the sauce, which features whole grapes and verjus (the juice of young wine grapes) seasoned with espelette pepper. On the side, a late-summer sauté of green beans, corn, and shallot rounds out the meal.



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Ingredients



1 1/4 lbs
ROCKFISH FILLETS



2
CAGE-FREE
FARM EGGS



1 cup
LONG GRAIN
WHITE RICE



4 oz
GRAPES



2 Tbsps
BUTTER



2 Tbsps
VERJUS ROUGE



2 ears of
CORN



1
LEMON



6 oz
GREEN BEANS



1/4 cup
ALL-PURPOSE
FLOUR



1
SHALLOT



1/2 tsp
GROUND
ESPELETTE
PEPPER



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the stem ends of the green beans.
- ☐ Remove and discard the corn husks and silks. Cut the corn kernels off the cobs; discard the cobs.
- ☐ Peel and thinly slice the shallot.
- ☐ Pick the grapes off the stems; discard the stems.
- ☐ Quarter and deseed the lemon.

2 Cook the rice:

- ☐ In a small pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**; heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff the cooked rice with a fork. Set aside in a warm place.



3 Cook the vegetables:

- ☐ While the rice cooks, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- ☐ Add the **corn** and **shallot**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- ☐ Transfer to a serving dish; season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

4 Flour the rockfish:

- ☐ While the vegetables cook, crack the **eggs** into a large bowl; season with salt and pepper and beat until smooth. Set aside. Place the **flour** on a large plate; season with salt and pepper.
- ☐ Pat the **rockfish fillets** dry with paper towels; season with salt and pepper on both sides. Working 1 piece at a time, thoroughly coat the seasoned fillets in the flour (tapping off any excess); transfer to a separate plate.



5 Coat & cook the rockfish:

- ☐ While the rice continues to cook, in the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Working in batches, coat the **floured rockfish fillets** in the **beaten eggs** (letting any excess drip off). Add the coated fillets directly to the pan and cook 3 to 4 minutes per side, or until browned and cooked through. (If the pan seems dry, add 1 tablespoon of olive oil between batches.) Leaving any browned bits (or fond) in the pan, transfer the cooked fillets to a paper towel-lined plate.



6 Make the sauce & serve your dish:

- ☐ To the pan of reserved fond, add the **butter**, **grapes**, **ground espelette pepper**, **verjus**, the **juice of all 4 lemon wedges**, and **½ cup of water** (be careful, as the liquid may splatter); season with salt and pepper. Cook on medium-high, stirring frequently and scraping up any fond, 2 to 4 minutes, or until the grapes begin to break down. Turn off the heat; season with salt and pepper to taste.
- ☐ Transfer the **cooked rice** to a serving dish; top with the **cooked rockfish fillets** and sauce. Served with the **cooked vegetables** on the side. Enjoy!