

Grilled Belize Cobia Fillet over Candied Fennel with a Spicy Cherry Pepper
Sauce - Serves 8

~
Created for the Epicurean Club dinner, September 22, 2008
(Executive Chef Louis Hubbell – Polcari’s Italian Restaurants, Saugus, MA)
~



8 – 12 oz Belize Cobia Fillets Marinated
3 oz candied fennel per person
3 oz olive oil
8 oz sliced sweet onion
4 oz sliced red onion
6 oz hot cherry pepper slices
1/3 cup sliced blanched garlic
_ cup rice wine vinegar
2 lemons juiced
2 T sugar

Fish Marinade

1 cup orange juice
_ cup lime juice
_ cup balsamic vinegar

Salt and pepper
1 T dry thyme
2 T ground black pepper
3 T paprika

Mix and marinate fish

Candied Fennel

3 ea fennel bulb fresh – sliced thin

2 cups sugar

2 cups rice wine vinegar

1 cup water

Heat sugar, vinegar and water and bring to a boil

Melt all sugar

Reduce heat and add the fennel.

Cook until the fennel is tender and the liquid is thick and syrupy

Set aside and reserve

For the dish

Grill fish to order beginning presentation side down. You may also use a lined griddle if you wish.

Place the warm candied fennel on the plate

Top with the fish

Garnish with the hot pepper sauce

Drizzle on the extra sauce