

# **Pan-Seared Belize Cobia with Crisp Paella Cake, Empeltre Olive Tapenade & Herb Oil**

**Yields 12 portions**



**A recipe from Executive Chef Jeffrey L. Cincotta,**  
served at the ACF American Academy of Chefs Dinner Feb 8, 2009  
at the Charles River Country Club, Boston

## **Pan-Seared Belize Cobia** - Yield 12 ea

### **Ingredients**

12 ea 3 oz Belize Cobia Medallions

### **Marinade**

1 cup olive oil  
4 tbsp red pepper flakes  
1/4 cup fennel fronds  
2 ea lemons, zest  
Salt and pepper, as needed

### **Garnish**

Cilantro leaves, stems removed

## **Method**

- 1) Steep the olive oil and the red pepper flakes. Strain off.
- 2) Season the cobia.
- 3) Coat the cobia with the lemon zest and fennel fronds.
- 4) Drizzle chili oil over the cobia. Coat the fish with the marinade, Place in a container, wrap with plastic and place in refrigerator for 30 minutes.
- 5) Heat a sauté pan over medium high heat.
- 6) Lightly coat bottom of pan with olive oil.
- 7) Place cobia in the pan and cook for 3 minutes, turn fish and cook another 3 minutes, you may turn a third time and cook additional 2-3 minutes. The filet will have a slight crust to the flesh.

## **Crisp Paella Cakes** - Yield 12 ea

### **Ingredients**

2 oz whole butter  
½ cup chorizo diced ¼ inch  
4 ea shallots, finely chopped  
2 ea garlic cloves, finely chopped  
2 ea red pepper, finely chopped  
2 cups Arborio rice  
1 quart chicken stock  
2 tbsp chopped oregano  
4 teaspoons saffron  
4 teaspoons chopped chives  
24 ea mussels, chopped  
1 lb fine lobster meat, diced ¼ inch  
3 oz olive oil  
Salt and pepper to taste

### **Method**

- 1) Melt the butter in heavy bottom pan.
- 2) Render the chorizo. Add the shallots, garlic, red pepper and cook until translucent.
- 3) Add the rice and cook for three minutes. Add the stock, oregano, saffron and chives. Bring to a simmer until the rice is cooked through, about 20 minutes.
- 4) Add the mussels, lobster, salt and pepper. Mix to combine.
- 5) Place in molds and chill in refrigerator for one hour.
- 6) Pan fry as needed.

## **Olive Tapenade** - Yield 1/4 cup

### **Ingredients**

1/2 cup Empeltre olives, pitted  
1 ea anchovy filet  
1 ea garlic clove, peeled  
2 oz olive oil  
Salt and pepper to taste

### **Method**

- 1) Puree the olives with the anchovy and garlic in the robot coupe.
- 2) Stream in the olive oil.
- 3) Adjust seasoning.

## **Herb Oil** - Yield 1/4 cup

### **Ingredients**

2 oz cup olive oil  
1/4 cup parsley stems removed and blanched  
1/4 cup chives, blanched  
1/4 cup chervil, blanched  
1/4 cup, tarragon stems removed, blanched  
Salt and pepper to taste

### **Method**

- 1) Blanch all the herbs in salted water. Drain off water, ring out excess water.
- 2) Place in Vita blender.
- 3) Add the olive oil. Puree until smooth.
- 4) Adjust seasoning.

**Executive Chef Jeffrey L. Cincotta**

