

Prosciutto Wrapped Belize Cobia with Herbed Risotto and Spinach

Damian's On The River

New Boston, NH



Recipe created by Executive Chef Damian Martineau

Ingredients:

- 12 each Prosciutto Slices
- 24 2oz. Belize Cobia Fillet
- 16 oz. Organic Baby Spinach Leaves
- 2 cloves Fresh Garlic, minced
- 1 oz. Butter
- 4oz. Extra Virgin Olive Oil* *(divided use)
- ½ cup Leeks, washed and sliced
- 1½ cups Arborio Rice
- 1 cup White Wine

2 cups Stock, fish
1 cup Vegetable broth
1 oz. Unsalted Butter
½ cup Parmesan cheese, grated fine
2 T. Fresh Herbs (Tarragon, Parsley Chervil, Dill and/or lemon Thyme)
Salt and Pepper- to taste

Preparation: Yield: 8 portions

For the Risotto: In a medium size pan sauté the leeks in 1 oz butter until translucent.

Add 1 oz. olive oil and the rice and sauté until all rice is well coated.

Deglaze pan with wine and stir until liquid is absorbed.

Add vegetable stock and stir until absorbed, then add fish stock in 2 parts stirring constantly until liquid has been absorbed.

To finish risotto stir in butter and cheese until creamy, add salt and pepper if needed and then fresh herbs as desired. Hold warm until ready to plate up for service.

Chefs notes: Fish stock can be replaced with chicken broth or all vegetable broth.

Red wine can be substituted in this recipe.

For the Cobia: Cut prosciutto in strips approximately 1 inch wide. Wrap each Cobia piece with prosciutto and season lightly with salt and pepper.

In a large pan or griddle, sauté Cobia in hot olive oil until golden brown on all sides.

Sauté spinach in olive oil and garlic. Season with salt and pepper to taste.