



CALLIOPE

● ● ● PAIRS WELL WITH CALLIOPE 2010 SAUVIGNON BLANC

MEXICAN SABLEFISH

Pistachio crusted Sablefish with avocado purée & sautéed corn kernels

INGREDIENTS *(serves 4 as entrée)*

1 side filet of Ocean Wise recommended Sablefish
(www.oceanwise.ca)
1 egg
3/4 cup of ground pistachios
3 ripe avocados
1 lime
1 small can whole kernel corn

PREPARATION INSTRUCTIONS

Slice fish into 4 pieces & season with salt and pepper. Beat egg & brush fish pieces with egg wash. Press fleshy side of fish into pistachios to coat. Scoop avocado & place in blender with a dash of salt - purée for 10 seconds, squeeze lime juice & blend to desired consistency. Season with salt.

COOKING INSTRUCTIONS

- Sear fish in a hot, non-stick pan for 15 seconds
- Reduce heat to medium, turn over – cook for 3 minutes
- Transfer fish to baking pan & cook in 350 degree oven for 8 minutes
- Place corn in fry pan & sauté for 4 minutes

SERVING INSTRUCTIONS

- Spoon avocado purée on a plate, place fish on top, & sprinkle with sautéed corn

