

GROUPER WITH SORREL SAUCE

4 GROUPER FILLETS (ABOUT 1/3 LB EACH), SKIN ON
2 SHALLOTS
1/2 CUP OF WHITE WINE
1 BUNCH OF FRESH SORREL
1/4 LB OF BUTTER

USING A SHARP PARING KNIFE, SLICE THE RIBS FROM THE SORREL. YOU SHOULD HAVE ABOUT 3 CUPS. WASH AND DRY BETWEEN KITCHEN TOWELS. JULIENNE INTO THIN STRIPS. RESERVE 1 CUP FOR GARNISH.

CUT THE BUTTER INTO 1/2 INCH PIECES.

PEEL AND MINCE THE SHALLOTS. PLACE IN A SMALL, HEAVY SAUCEPAN ALONG WITH THE WHITE WINE, A HEALTHY PINCH OF SALT AND SEVERAL GRINDINGS OF WHITE PEPPER.

HEAT A SAUTE PAN OVER HIGH HEAT FOR 3 MINUTES. DRY THE GROUPER THOROUGHLY WITH PAPER TOWELS. SALT AND PEPPER. ADD A SPLASH OF OLIVE OIL TO THE PAN AND PUT IN THE FILLETS, SKIN SIDE DOWN.

AFTER A MINUTE, REDUCE HEAT TO MEDIUM. COOK GROUPER ABOUT 6 MINUTES OR UNTIL IT'S COOKED ABOUT TWO THIRDS THROUGH. TURN THE FISH, ADD 2 TBSPS OF BUTTER AND COOK ANOTHER 2 MINUTES OR UNTIL A KNIFE INSERTED IN THE THICKEST PART OF THE FISH FEELS WARM WHEN TOUCHED TO YOUR BOTTOM LIP. DISTRIBUTE FILLETS ON FOUR WARMED PLATES.

BOIL THE WINE AND THE SHALLOTS TILL ONLY ABOUT A 1/4 INCH OF LIQUID REMAINS IN THE SAUCEPAN.

REMOVE FROM THE HEAT AND START BEATING IN THE BUTTER A FEW PIECES AT A TIME WITH A WOODEN SPOON. USE YOUR FINGERS TO ADD THE BUTTER. DON'T ADD TOO MUCH AT A TIME.

WHEN ALL THE BUTTER IS ABSORBED IN THE SAUCE, STIR IN THE SORREL, LEAVING ENOUGH FOR A GARNISH.

SPOON THE SORREL SAUCE OVER THE FISH, SCATTER UNCOOKED SORREL ON TOP AND SERVE.

SERVES 4