

VeraVia – Grouper with Warm Radicchio, Endive, Onion and Bacon Slaw Served with Roasted Sweet Potatoes

Serves 2

Fish

Ingredients:

2, 4-6 oz. pieces grouper
Salt and pepper

Method:

- Prepare sweet potatoes and set aside.
- Prepare warm slaw, cover and set aside.
- Season grouper and sear in hot pan until golden on both sides. (10 minutes cooking per inch of fish. This may only take 5 minutes depending on the filet thickness)

Roasted Sweet Potatoes

Ingredients:

1 medium sweet potato (Japanese sweet potato is a great choice), or yam
1 tbsp. coconut oil or ghee
1 tbsp. fresh, or 1 tsp. dried sage
Salt and pepper

Method:

- Peel sweet potato.
- Slice in half and then into bit-sized pieces.
- Place in medium sized bowl and drizzle melted coconut oil or ghee over.
- Using your hands, or a large spoon, toss to distribute fat and season with sage, salt and pepper.
- Bake on parchment or foil-lined sheet tray at 400 for 30 minutes or until lightly browned.
- Keep warm and set aside.

Slaw

Ingredients:

¼ cup turkey or beef bacon, sliced into small cubes
1/2 cup raddichio, finely julienned
½ cup endive, finely julienned
½ cup red onion, finely julienned
¼ cup parsley, roughly chopped

Method:

- Place medium sized pan over medium to high heat until hot.
- Add bacon and stir until golden brown.
- Add onions and continue to stir until aromatic.
- Lastly, add radicchio, endive and parley.
- Season to taste.
- Set aside and keep warm until fish is ready.