



THANKS to Chef Thomas Yesdresysk of Sooke Harbour House, Vancouver Island, BC

Demonstrated on the Chef's Cooking Demo Stage of the 16th Annual **Dungeness Crab and Seafood Festival**, October 8, 2017 – Port Angeles, WA

Pan roasted skate wing

Roasted red kuri squash, sorrel & lavage Couscous, and Sour apple slaw, crab butter sauce

For the squash

Ingredients

- 1 large heirloom squash peeled and seeded, cut into fairly large. Wedges
- 2 tbsp. grape seed oil
- Salt and pepper to taste
- 2 tbsp. butter
- ¼ cup heavy cream
- Splash of nice vinegar

Method

1. Toss the squash in a large bowl with the oil salt and pepper until evenly coated
2. Place the squash on parchment lined sheet pan into a 330°F oven for 15-20mins
3. Remove squash once tender without too much color just a slightly roasted edge
4. Place 1/3 of roasted squash into blender with the cream, butter, and vinegar
5. Blend till smooth, and reserve in small bowl till needed

For the couscous

Ingredients

- 2oz dry Israeli couscous pasta
- 1oz fresh sorrel
- 1oz fresh lavage
- 1oz fresh parsley
- 1tbsp apple cider vinegar
- 1tbsp olive oil
- Salt and pepper to taste

Method

1. Cook the couscous in boiling water until cooked with a slight bite left apx. 3-4mins
2. Remove any stems and roughly chop parsley, lovage, and sorrel
3. Combine couscous, herbs, and seasoning into large bowl and mix well to form the salad
4. Set aside until needed

For the butter sauce

Ingredients

½ bottle white wine
½ cup apple cider vinegar
¼ cup honey
Sprig of fresh thyme
Couple whole pepper corns
2 fresh bay leaves whole
1 stick cold butter cubed

Method

1. In medium sized sauce pot combine all ingredients except butter
2. Slowly reduce the wine etc. until about 15% of the liquid remains
3. While simmering add the cold butter and simmer until almost melted
4. Once only a couple small chunks of butter remain remove from heat and whisk to finish combining
5. Strain through fine strainer and reserve for later

For the slaw

Ingredients

1 sour apple sliced thin and sliced again into thin strips
1oz fresh parsley
1tbsp apple cider vinegar
1 tbsp. grape seed oil
Salt and pepper to taste

Method

1. Combine ingredients in medium sized bowl and gently toss to combine
2. Save this step for near the end of the recipe to maintain apples crispness

For the skate wing

(or just about any other choice of protein i.e. ling cod, halibut, salmon, pork chop, tofu etc.)

Ingredients

- 1 4oz portion of skate wing pat dry
 - 2 sprigs fresh thyme
 - 3 tbsp. canola oil
 - ½ stick butter
- Salt and pepper to taste

Method

1. heat a heavy bottomed skillet to medium high heat
2. once hot add oil and season with a little sprinkle of salt
3. place the skate wing in the pan and reduce heat to medium
4. let skate wing cook and develop a bit of a crust
5. once half way cooked add the butter and thyme to the pan and carefully baste the skate wing with the juices in the pan

6. once cooked remove from heat and keep warm while plating dinner

For plating

Ingredients

Squash puree
Roasted squash pieces
cous cous salad
2oz picked crab meat gently warmed in butter sauce
Roasted skate wing
Sour apple slaw

Method

1. place 2 tbsp. of squash puree on plate and drag your spoon through it along the plate
2. place 3-5 pieces of the roasted squash along the swipe of puree
3. spoon 2-3 piles of the cous cous on the roasted squash pieces
4. spoon the crab butter sauce onto the squash puree to form a bit of a mound
5. rest the roasted skate wing onto the mound of crab
6. place 1 or 2 nice pile of the sour apple slaw to the plate next to the roasted skate wing
7. with a tbsp. drizzle some more of the butter sauce on and around the roasted skate wing
8. Enjoy!!!

Be sure to visit us soon at:

