

Turbot Is My To-Go, To Go-Go Fish



Turbot is my go-go. I swear that will make a lot more sense when I'm finished. Funny, because it's my intention also to try to explain to you just how fast and easy this dish goes in the shortest way possible. You know I'm detail oriented and do my best explaining in a ramble so this is going to be fun to try. The point to this dish is to save you when you're needing a real meal but you only seem to have enough energy for a piece of toast. I try to keep a stash of Turbot fillets in the freezer; it is very quick to thaw. That being said, it's a fish to look for. Unfortunately at this time it is not "popular". A turbot fillet looks like a giant sole file. A Turbot fish looks like a giant flounder. If I am not mistaken they come from North Atlantic waters, as well as other areas. Its flavor is sweet and mild with a willingness to turn itself over to any given sauce. But that's another subject. This is about delicious ease. I look for Turbot everywhere, but have only found it occasionally at Whole foods. This concept of recipe and style can be used for any white flat fish. The dual option of thick as a juicy steak on one end and the browned well-done crisp at the tail makes Turbot a perfect choice for those of us who love the best of both worlds. So the first trick is to have it on hand. If you are buying it, buy two pieces, one to make that day and the other to be put directly into the freezer. By the way, you can cook this fish from frozen if necessary, that's how easy this is.

Trick two, lube. Oil, butter any type of fat can be



used. However, this is where you get your flavors in. On a simple day it's garlic powder, paprika, sea salt and our Ivey's In My Kitchen creation, Magic Oil. But lately I've been very into flavored butters. I am a person who always keeps room temperature butter on the kitchen counter. So, when I find myself working with such things as, truffle salt; and I have some left over, pulverized shallot; more valuable then gold to me – can't waste it. Do you see where



I'm going with this, something as simple as leftover lemon salt is worth schmearing into a knob of butter and saved to be topped onto something later. Especially fish and steak and pork,....ok you get it, right? So I have obtained a nice collection of labeled zip bags in my freezer from thyme butter to garlic all of it makes everything tasty, ad no wastey. So this week my butter of choice has been Amish roll butter, shattered shallots, ground garlic, mortar and pestled lemon salt (The Spice Lab Co.) and dried chives. From plain potato to broccoli to toast, seriously this stuff is incredible on everything.

So now, it is take out the frozen fish, take out the frozen flavored butter, take out a vegetable. I used raw green and white cauliflower florets that I had had prepared but you may just as easily use bagged frozen vegetables from the store.

Preheat your oven to 400 degrees.

Place the fish fillet skin side down (no, it does not need to actually have skin.) In a large disposable tin or baking pan.

Cut the butter and place pieces and pats from top to bottom of the fish fillet. I like paprika with fish. Disperse veggies around the fish.

Place the fish into the preheated oven and set your timer for 20 minutes. Check after the 20 minute mark for doneness or if the dish needs to be spun around. Remember, we are roasting not broiling so pay special attention to the tip (tail end) and top (the head end) for proper doneness. Turbot should be soft, flakey, moist, juicy and fall apart easily.

These instructions and recipe are simple and I hope the photos help.

This video I have posted is all about making the butter. It's a change from the old style deliberately. In comparison to today's food videos, this four minutes may seem long, it is intended that way. I want you to see everything beginning to end, from how to properly shread the daylight's out of a shallot I want you to see

the use of the garlic grinder, the bits and pieces that get left over. I want you to see the handwork and the manipulation of the baggie, all of it. I want you to see the experience clean through so you can do it with confidence. No, in case you are wondering, I did not get a surge of testosterone; those are my Hub's hands. Please watch the video to get the basic concept of making flavored butters for quick-time delicious dishes and let me know how you do. In addition, lets discuss the big finish. I have been really into white tomatoes this summer and I have been growing them like crazy. Roasted is my favorite way to eat it. So once the fish was finished

we placed a mixture of chopped roasted white tomatoes, capers and chopped grilled zucchini directly on top of the finished fish just before serving.

After a few tries you'll be able to whip out a magnificent simple delightful dinner in about thirty minutes. Turbo to go. Get it now?




Watch on
YouTube Ivey's Butter
for Turbot

**Enjoy and let
me know!**




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* You are left with a prepared dinner and a set table