

TRIPLETAIL

with Vadouvan Curry

SERVES 1

Vadouvan Curry

INGREDIENTS

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|--|---------------------------------------|
| 2 stalks celery, chopped roughly | ¼ c vadouvan curry powder |
| 1 medium size carrot, peeled and chopped roughly | 2 c heavy cream |
| 1 medium yellow onion, diced | 1 qt vegetable stock |
| 1 poblano pepper, seeded, chopped roughly | 1 can (13.52 oz) unsweet coconut milk |
| 6 cloves garlic, minced | 4 tbsp cane vinegar |
| 1 1" fresh ginger, peeled and minced | 5 tbsp cane syrup |
| ½ c dry white wine (chablis or pinot grigio) | 3 tbsp salt |
| 1 tsp turmeric | 1 tbsp pepper |
| | 2 tbsp canola or grapeseed oil |

Blanquette

INGREDIENTS

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| ½ c cabbage, julienned and blanched (requires one head of cabbage) | ½ c cream |
| 1 c vegetable stock | ¼ c blonde roux (1 cup each of flour and butter – see below) |

PREPARATION

- For cabbage: Bring a large pot of water to boil. At the same time, fill a large bowl with water and ice cubes. Remove the outer leaves of the cabbage, then cut into quarters, removing the core. Thinly slice the leaves. Place the cabbage leaves into the boiling water till submerged, allowing them to cook for approximately 2 to 4 minutes. Take out the leaves using tongs or a slotted spoon and immediately submerge in the bowl with ice water. After a few minutes, remove the leaves to drain in a colander.
- For blonde roux: cook flour and butter together over low heat until a paste forms.
- In another small pot, bring vegetable stock and cream to a boil over high heat, then slowly whisk in blonde roux, 1 tbsp at a time. Cook for roughly 7 to 8 minutes, stirring with a whisk the entire time.
- Add cooled and drained cabbage, and leave on low heat until cabbage is warmed. Hold warm and reserve for final dish.

TO SERVE

- Spoon 3 oz of vadouvan curry over the plate.
- Spoon cabbage with blanquette over vadouvan curry.
- Place fish with potato side up on top of cabbage.
- Season to taste with salt and pepper, and garnish with thyme, lemon zest, trout roe, and salt.

PREPARATION

- Heat oil in a pan over medium heat, then add celery, onions, and poblano. Cook, stirring occasionally, until they become translucent and soft, not brown, for approximately 5 to 10 minutes.
- Add garlic and ginger and cook until fragrant. Add turmeric, cooking for 1 minute.
- Deglaze with white wine. Reduce until syrupy
- Add vegetable stock. Bring to a boil.
- Reduce to a simmer. Add cream and coconut milk, then Vadouvan curry spice, then cane vinegar and cane syrup. Cook for about 15-20 minutes until ingredients are incorporated and homogenous. Stir every few minutes so sauce does not burn.

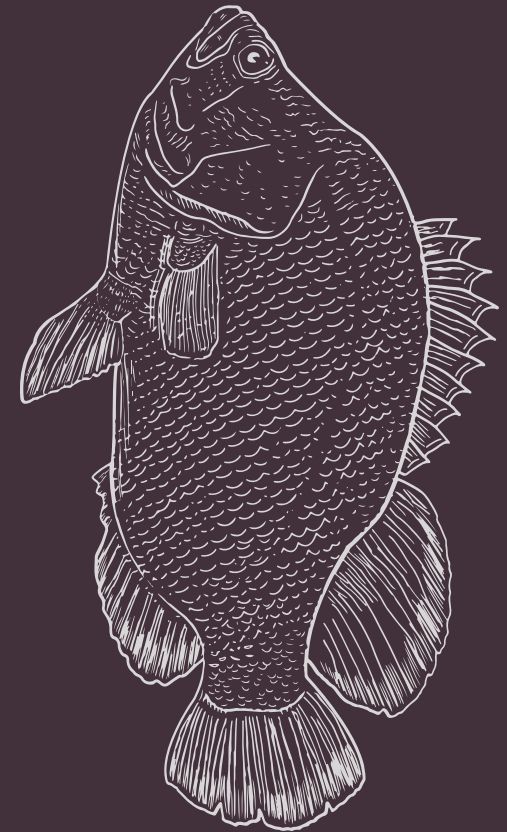
Tripletail

INGREDIENTS

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|--|---------------------------------|
| 1 5-oz portion of tripletail, skin removed | 2 tbsp neutral oil, for frying |
| 1 Yukon gold potato, sliced 1/8" thick | 2 tsp salt, to garnish |
| 8 tbsp unsalted butter | 1/2 tsp fresh thyme, to garnish |
| 2 tbsp cornstarch | 1/4 oz trout roe, to garnish |
| | Zest of 1 lemon, to garnish |

PREPARATION

- Heat oven to 400 °F.
- Melt butter over low heat in medium pan. Slowly whisk in corn starch until a smooth paste forms. Off heat, toss in sliced potatoes to cover, then place slices on one side of the fish.
- Sauté fish with potato side down in a cast iron skillet with neutral oil (or clarified butter) until potatoes are golden brown. Turn fish over so potato side is up, then place into oven until tripletail is cooked through, and reaches an internal temperature of 135 °F.



GAUTREAU'S

NEW ORLEANS

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This elegant little gem of a place, installed in an old Uptown pharmacy building decades ago, has new owners, but maintains the same kind of sophisticated and modern French-American-international menu that has made it an under-the-radar favorite for three decades.

TRIPLETAIL FACT

The tripletail's name comes from its unusual fin arrangement: its dorsal and anal fins extend toward the actual tail, making it look like it has three tails.

TRIPLETAIL

Tripletail is a medium-sized saltwater game fish found in tropical and subtropical waters around the world, including the Gulf of Mexico. They like to eat crabs, shrimp, and a variety of smaller fish and crustaceans that also thrive here, which makes Louisiana an ideal environment for catching tripletail. They are available all year and prefer to float near the surface of the water in debris areas, which include jetties and oil rigs along our coast.