

# Beet Cured Cobia with Peas & Crispy Onions

Recipe courtesy of Chef Ryan Prewitt

SERVES 4



## INGREDIENTS

### For Cobia

- 1 pound Cobia loin, trimmed
- 5 ounces beet juice
- 2 tablespoons salt
- 1 tablespoon granulated sugar
- 1 tablespoon brown sugar
- 1 teaspoon cayenne pepper
- 1 jalapeno, stemmed
- ½ bunch fresh dill
- 4 garlic cloves
- 1 tablespoon horseradish
- 1 beet, peeled and roughly diced
- olive oil
- peas, see recipe below
- fried onions, see recipe below

## DIRECTIONS

Place everything but the Cobia in a food processor and process 3 to 4 minutes or until everything is pureed completely. Transfer the mixture to a large zip-top sealable bag and add the Cobia. Seal, pressing out as much air as possible, making sure the Cobia is submerged in the liquid. Refrigerate for 48 hours.

Remove the Cobia from the marinade, rinse off the cure, and thoroughly dry the fish. Set up a smoker with a small fire, throw a large handful of wood chips on top and shut the lid. Allow the Cobia to cook at about 100 degrees for 30 minutes. Remove the fish from the smoker and refrigerate, uncovered, until ready to use. To serve, thinly slice the Cobia, arrange it on four chilled plates, and sprinkle with a little olive oil. Top with peas and then onions.

### For Peas

- 8 ounces fresh green peas, may substitute frozen
- 2 tablespoons olive oil
- ½ cup parsley leaves, torn
- ½ cup chopped dill
- juice of 2 lemons
- salt

Bring a large pot of water up to a rolling boil, adding a healthy amount of salt to the water. Prepare an ice bath. Blanch peas in the boiling water for about 30 seconds, or until just cooked. You want them to be firm, green, and cooked just enough to remove the raw flavor. Transfer to the ice bath to stop the cooking. Drain and set aside to cool. Just before serving, add the lemon juice, olive oil, parsley, and dill, and stir to combine.

### For Fried Onions

- 1 yellow onion, very thinly sliced
- 1 cup cornstarch
- 1 teaspoon salt, plus extra for seasoning
- vegetable oil, for frying

Place the onions and salt in a large bowl and toss to combine. Set aside for 30 minutes. Drain any water from the bowl that has been drawn out of the onions.

Place 1 inch of oil into a large, heavy pot, set over medium-high heat, and bring to 350 degrees F. Add the corn starch to the onions and toss to coat. Working in batches, remove the onions from the cornstarch, shaking off the excess. Carefully place the onions into the oil, making sure they can move freely in the oil. Cook until they just start to brown, about 5 to 6 minutes. Remove with a slotted spoon to a paper towel lined plate and sprinkle with salt. Keep warm until ready to use.