



Brown Butter Poached Cobia

Autumn Succotash, Pumpkin
Soubise, and Brown Butter Sage

RECIPE COURTESY CHEF SAMMY MONSOUR

SERVES 8

Pumpkin Soubise:

- 2 tablespoons butter
- 1 pound vidalia onions, thinly sliced
- ¼ cup white wine
- ½ 15-ounce can organic pumpkin puree
- ½ cup heavy cream
- ½ teaspoon nutmeg
- Kosher salt and freshly ground black pepper, to taste

Succotash:

- 4 tablespoons butter, divided
- 1 tablespoon minced garlic
- 1 tablespoon minced shallot
- ⅔ cup cooked lima beans*
- ⅔ cup cooked hominy*
- 5 tablespoons white wine
- 5 tablespoons water
- 2½ cups roasted butternut squash**
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh rosemary
- Kosher salt and freshly ground black pepper, to taste

Sage:

- 4 tablespoons butter
- 15-20 fresh sage leaves
- Kosher salt, to taste

Cobia:

- 8 ounces (2 sticks) butter
- 8 6-ounce skinless cobia filets
- 3-4 thyme sprigs
- Kosher salt and freshly ground black pepper

TENNESSEE  AQUARIUM

**Serve
it Up**

For the pumpkin soubise:

Place the butter in a medium saucepan, set over medium heat, and add the onions. Cook, stirring frequently, until the onions are translucent and meltingly tender, about 15 minutes. Add the wine, stir occasionally, and cook until it is absorbed, 6 to 8 minutes. Add the pumpkin, heavy cream, and nutmeg and bring to a simmer, 4 to 5 minutes. Carefully transfer the mixture to a high-speed blender and puree until silky smooth. Season with salt and pepper as desired. Keep warm until ready to use.

For the succotash:

Place 2 tablespoons of the butter into a medium saucepan, set over medium heat, add the garlic and shallot and cook, stirring continually, until the shallot is translucent, 2 to 3 minutes. Add the lima beans, hominy, wine, and water and cook until the beans and hominy are heated through, 3 to 4 minutes. Add the squash, thyme, rosemary, and remaining 2 tablespoons of butter. Taste and season with salt and pepper as desired. Cook for 1 to 2 minutes or until the squash is heated through.

For the sage:

Place the butter in a small cast iron skillet and set over medium heat until melted. Add the sage leaves in a single layer and cook until crisp, about 30 seconds. Transfer the leaves to a paper towel lined dish, using a slotted spoon, and sprinkle with salt.

For the cobia:

Season the cobia with salt and freshly ground black pepper. Place the butter and thyme sprigs in a large sauté pan, set over medium heat, and stir continually with a spatula. Once the butter has foamed, keep a close eye on it. Continue to stir and watch for the butter to begin to turn golden brown. Remove the thyme and carefully add the cobia to the pan. Decrease the heat to low and cook, continually basting with the brown butter. After 3 minutes, gently flip with fish over and continue to baste with the butter and cook for another 2 to 3 minutes or until desired doneness.

To serve:

Place about 5 tablespoons of the soubise on each of the 8 plates and spread with the back of the spoon. Set the fish on top of the soubise and spoon the succotash beside the fish. Top with sage leaves and serve.

*While you can use any kind you like, I use Christmas Lima Beans and White Corn Posole from Rancho Gordo, a company that specializes in heirloom varieties of beans and grains.

**Use a smallish 2-pound squash, peel and cut into large cubes. Toss with 1 tablespoon of olive oil and season with salt and pepper. Place in a 375°F oven and roast for 30 to 35 minutes or until just tender.

