

Pan Seared Onaga with Goji Berry, Lemongrass Cream Sauce and Citrus Mung Bean Risotto

PREP TIME

3
minutes

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INGREDIENTS

Goji Berry Lemongrass Cream Sauce

1/2 tsp chopped garlic
1/2 tsp chopped shallots
2 Tbsp. Olive Oil
2 oz. Sherry wine
2 cups heavy cream
1 stalk lemon grass
Salt and pepper to taste

Citrus Mung Bean Risotto

16 oz Mung Bean peeled
1 tsp garlic minced
1 tsp shallot minced
4 oz orange juice
3 oz heavy cream
Salt and pepper to taste

2 pcs Onaga filet

DIRECTIONS

1. Boil water and pre cook mung beans until al dente. Strain and set aside.
2. In a sauce pan on medium heat add oil, garlic, and shallot and saute till they sweat then add mung beans. Stir constantly for a minute then add orange juice and heavy cream. Bring to a boil then simmer until done. Finally season with salt and pepper to taste.
3. Heat sauce pan on medium heat, add oil, saute lemongrass, minced garlic and shallot till they sweat. Add sherry and reduce until thick. Strain and place in sauce pan and add goji berries, bring to a boil.
4. Heat a pan on high and pre heat oven to 375 degrees. Season fish with salt and pepper. Place fish skin side down and sear on stove for 1 minute. Place in oven for 5 minutes to finish.

COOK TIME

10
minutes

YIELD

4
servings