

Grilled Rockfish with Poke Sauce and Tabbouleh

Lighter meals for warm weather is the continuing theme. The ever-refreshing flavors of tabbouleh salad with a little piece of grilled rockfish will do the trick this evening. The fish is drizzled with Poke sauce (pronounced poh-kay), a spicy and salty toasted sesame sauce with fresh ginger and fresh green onions (or shallots). One often finds poke served over raw fish in sushi preparations, but it's terrific over cooked fish as well.

This light summer meal is certainly better than a "poke with a sharp stick." You'll have leftover tabbouleh.

Preparation time: 45 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Cook the bulgur and make the tabbouleh salad early in the day, if possible. Chill salad until dinnertime. Prep and organize ingredients on small plates or in bowls so they are easy to add. Prep 1 C. of chopped green onions today: 2/3 C. for the tabbouleh and 1/3 C. for the poke sauce.

Bulgur

1 C. bulgur
2 C. water

Tabbouleh Salad

Tabbouleh Salad:

2 cloves garlic (smashed and chopped)
2/3 C. (or 4) green onions (washed and chopped, including green portion)
3/4 C. cucumber (peeled and chopped)
1 T. mint leaves (chopped)
3/4 C. parsley (chopped)
2-1/2 C. cooked bulgur

1/4 C. fresh lemon juice
3 T. olive oil
pinch of salt

1 C. Roma tomatoes (chopped)

Fruit Finish:

1 nectarine (halved and sliced)

Poke Sauce

1 T. sesame seeds (toasted)
2 T. onion or shallot (finely-chopped)
1/3 C. green onions (chopped)
3 T. low-sodium soy sauce
1 tsp. sesame oil
1 T. rice wine vinegar
1 teaspoon chili garlic sauce
1/8 tsp. freshly grated ginger

Roasted Asparagus

2 T. olive oil
1 lb. asparagus spears (white bottoms snapped off)
2 tsp. salt
1 T. balsamic vinegar

Grilled Rockfish

2 tsp. canola oil
8-10 oz. fresh rockfish fillets
1 T. lemon juice
1 tsp. soy sauce
sliced lemon (about 6 thick slices after juicing.)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

You can make poke sauce earlier in the day, along with the bulgur and tabbouleh.

Start by bringing bulgur and water to a boil. Turn off heat, cover and let stand for 20 minutes.

Poke Sauce

Toast sesame seeds on the stovetop in a dry shallow pan. Set aside to cool.

Combine all other ingredients in a small bowl. Add cooled toasted sesame seeds.

Set aside until ready to use.

Tabbouleh Salad

1. Place chopped garlic, green onions, cucumber, mint leaves and parsley in a large bowl.
2. Add cooked bulgur and toss well.
3. Mix lemon juice, oil and salt and pour over salad. Toss well.
4. Add the chopped tomatoes and toss one more time. Chill in fridge at least 1 hour.

Preheat oven to 400°

Roasted Asparagus/Grilled Rockfish/Plate

Roasted Asparagus: Oil a cookie sheet with 2 T. olive oil. Roll asparagus around on oiled sheet until well coated. Sprinkle with salt and roast in a 400° oven for about 10 minutes, rolling them twice. Remove from oven and toss them with balsamic vinegar.

Grilled Rockfish: (You may wish to cook rockfish and asparagus at the same time.)

Brush hot griddle, pan or outdoor grill with canola oil.

1. Mix lemon juice and soy sauce and brush fish before cooking. Place fillets on well-oiled hot griddle or grill for about 30 seconds. Cook just long enough to sear grill marks on the top.
2. Lift fish off of the grill and place lemon slices on the grill. Return the fish to the grill placing fillets on top of lemon slices, grill marks facing down. Cover the pan or grill and continue cooking until the fillets turn white. (about 5 minutes.)

Plate:

Place cooked fillets on dinner plates (grill marks up). Spoon 2 tsp. poke sauce over each fillet. Serve 2 C. tabbouleh salad and lay 5 or 6 spears of asparagus next to fillets. Finish plates with a fan of sliced nectarine. Serve 1/2 of a nectarine per diner.

What I've Learned from this Recipe

Searing the fish with grill marks gets the cooking started. About 30 seconds on a hot, well oiled griddle or grill will do the trick. Then, cooking the fish on top of lemon slices to finish the cooking is a nifty little trick to keep fish from sticking to a grill. Discard the lemon slices when serving.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com