

Grilled Rockfish with Poké Sauce

We'll grill indoors on the stovetop tonight. This light meal features one of my favorite ways to enjoy fish. The suggested fish is rockfish and it's served with a delicious poké (pronounced po-kay) sauce.

Baby Bok Choy is still in the stores so enjoy this versatile vegetable tonight. Delicate lemon/scallion rice finishes the plate.

Preparation time: 45 mins. - Serves: 2.

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add. Prep 3-1/2 T. lemon juice for use throughout the recipe. There are 3 different onion preps: 2/3 C. chopped green onions divided equally between Lemon/Scallion Rice and the Poké Sauce. Prep 1/2 C. thin sliced yellow onion for the Bok Choy/Mushrooms.

Save 1/3 of tonight's cooked fish for a recipe next week.

Lemon Scallion Rice

1 C. brown rice
2-1/4 C. water

1/3 C. green onions (chopped)
3 tsp. lemon juice
1/4 C. low-sodium vegetable broth
3 T. Italian parsley (lightly chopped)
pinch of salt

Poké Sauce

1 T. sesame seeds (toasted)
2 T. onion (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

Bok Choy/Mushrooms

1 tsp. olive oil
12 cremini or white mushrooms (sliced)

1 tsp. olive oil
2 bunches baby bok choy (tops and stems chopped separately, or 3 C. adult bok choy works)
1/2 C. yellow onion (thin-sliced)

1 tsp. low-sodium soy sauce
1/2 C. low-sodium veggie broth
1 T. rice wine vinegar
1/4 C. fresh cilantro (chopped)

Rockfish

1 tsp. canola oil
1 lb. Rockfish fillets
1 T. lemon juice

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by cooking the rice in water. Bring it to a hard boil, reduce heat to medium-low, cover and cook for 25 minutes.

Poké Sauce

Be sure to toast sesame seeds for the Poké Sauce as part of prep. Toast them in a shallow pan on the stovetop until golden brown. Set aside to cool. Combine all ingredients (except seeds) in a small bowl. Add cooled sesame seeds and stir well. Set aside.

Lemon Scallion Rice

Toss 1-1/2 C. warm, cooked rice with chopped green onions, lemon juice and broth.
Toss in parsley and a pinch of salt. Mix well. Cover and let stand.

Bok Choy/Mushrooms

1. Brown mushroom slices in olive oil in medium sauté pan. Remove mushrooms from pan and set aside.
2. Heat another tsp. olive oil in same pan used for mushrooms until it begins to shimmer. Add bok choy stems and sliced onion and toss until they begin to brown on the edges.
3. Return browned mushrooms to the pan along with chopped green bok choy tops.
4. Mix soy sauce, broth and vinegar together and toss into pan with the vegetables. Bring to hard boil and toss 1-minute. Remove from heat. Sprinkle chopped cilantro into vegetables and toss again. Leave off heat until ready to serve the meal.

Grilled Rockfish - Plate

Rockfish: Drizzle canola oil over a paper towel and rub on a stovetop griddle.

Divide fish into 3 servings. Brush fillets with lemon juice and cook on oiled griddle. Begin by grilling Rockfish fillet until it turns white on the edges. Flip and cook 3 more minutes until golden brown.

Plate: * Plate 2/3 of the cooked fish on two dinner plates. Spoon 2 tsp. Poké Sauce over each fillet. Spoon 3/4 C. Lemon/Scallion Rice alongside fillet and flank with mushrooms/bok choy mixture.

* Save 1/3 of the cooked fish for later in the week.

What I've Learned from this Recipe

The bok choy your eating tonight is one of the powerhouse cruciferous vegetables. It's high in vitamins C and E and contains the mineral selenium. Selenium is linked to detoxifying some cancer causing compounds in the body as well as decreasing tumor growth rates.

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