



2020 Batter Up Cooking Class with Bobby & Claudia Deen

STEAMED SPRING VEGETABLES WITH BEURRE BLANC

Ingredients:

1 pound turnips, peeled
1 pound asparagus
8 ounces snap peas
4 radishes
1 shallot
1 1/2 teaspoon white wine vinegar
3/4 teaspoon salt
1/4 teaspoon sugar
6 tablespoons butter
1 tablespoon chives

Directions:

1. In a large pot bring 1 cup water to boil and steam turnips and asparagus for 2 minutes with lid on.
2. At medium heat, add snap peas and lid for 2 more minutes.
3. Add sliced radishes and cover for 1 minute.
4. Remove steam basket.
5. Pour off boiled water, reserving 3 tablespoons for butter sauce.
6. Add the 3 reserved tablespoons of water in a pot on medium heat.
7. Mince 8 ounces of shallot and add them to the pot with the white wine vinegar salt and sugar.
8. Stir and reduce for 1-2 minutes.
9. Add the butter, 1 tablespoon at a time while whisking.
10. Coat veggies in butter sauce and serve on a shallow platter.
11. Mince 1 tablespoon chives and sprinkle on top.

ORANGE ROUGHY

We love to cook and eat fish! It's nutritious and delicious, and there are many options when cooking. Pan searing, baking, and broiling are a few common methods. Today we will bake orange roughy. I really like halibut, but we're using what we could get during the pandemic. Roughy is a flaky, white fish that is mild in taste and easy to cook.

6 ounces orange roughy, per person

1. Preheat oven to 400 degrees
2. On a lightly greased baking pan, brush the fish with a little olive oil and season lightly with salt and pepper on both sides.
3. Bake 5-10 minutes

COMPOUND BUTTER

A great way to jazz up an easy fish recipe it by making a compound butter, so let's do it!

1 stick of good quality unsalted butter
1/2 teaspoon of salt
1/2 teaspoon fresh cracked pepper
2 tablespoons fresh herbs
Squeeze in some lemon juice and combine

Using parchment paper, roll into logs and store in the refrigerator

JASMINE RICE

I'm a big fan of carbs, especially rice! It's versatile and a great accompaniment to fish. Today we are preparing jasmine rice. Easy, quick cooking, and tasty, it's one of my favorites.

1 cup jasmine rice
1 1/4 cups water
1 tsp salt
1 tbs butter

1. In a medium stockpot, bring salted water to a boil.
2. Stir in rice, add butter, reduce to simmer, and cover for 15 minutes or until the water is absorbed.
3. Remove from heat and let rest for ten minutes.

Adding a lemon peel to the pot shortly before rice is done, adds a nice bright flavor.

