

# **Pork Belly with a Chilean Sea Bass Cutlet, Bone Marrow, Beets, Brussels Sprouts, and Kumquat and Mustard Caviar**

by Richard Blais

## **Black Cod**

8-ounce chilean sea bass filet (after being brined in an 8% salinity solution for an hour)

1/4 cup Panko bread crumbs, pulsed

1/4 cup all-purpose flour

1/4 cup egg wash with a touch of dijon mustard

2 tablespoons parsley, minced

1/2 teaspoon garlic, minced

1 tablespoon parmesan, grated

Salt and pepper, to taste

Butter or olive oil, for frying

### **Method:**

1. Trim black cod filet to roughly eight ounce blocks and soak in water that has 8% salinity for an hour. Rinse in cold water and dry on paper towels.
2. While the fish is drying, pulse the Panko bread crumbs and mix in the minced herbs, garlic, and Parmesan.
3. Coat the fish in the egg wash and bread crumbs.
4. Pan fry in clarified butter or olive oil until just cooked. (Black cod is a fatty fish so don't be afraid to cook it as it has a nice window of perfection.)
5. Let the fish rest for a moment or two and then slice into medallions with an electric knife.

## **Candied Beets and Brussels Sprouts Leaves**

1 cup each Red and yellow beets, roasted and cut into batons

2 tablespoons Minus 8 Brix vinegar

1/2 cup Brussels sprout leaves, blanched

### **Method:**

1. Roast beets in a 350-degree oven for about 45 minutes or until tender, cool and peel, then cut into batons
2. Warm roasted beets in a touch of the vinegar and a pinch of salt and pepper.
3. Blanche brussel sprout leaves in salted water until bright green and shock in ice water. Warm in a touch of olive oil and salt and pepper.

## **Mustard Caviar**

1/4 cup mustard seeds

1/2 cup water  
2 tablespoons glucose  
1/4 cup white vinegar  
1 red Thai chili, minced  
1 teaspoon turmeric

**Method:**

1. Toast mustard seeds and add remaining ingredients.
2. Cook until ingredients come together and reserve at room temperature.

**Braised Pork Belly**

1 lb. piece of Pork Belly  
1 Apple, Granny Smith, chopped  
1/2 large white onion, chopped  
2-3 cups chicken stock  
3 sprigs thyme  
1 cup Dry Vermouth  
salt and pepper  
2 tablespoons vegetable oil

**Method:**

1. Aggressively salt and pepper both sides of the pork belly and set aside.
2. Saute onions and apple until onion is translucent.
3. Deglaze pan with vermouth, place pork belly atop the aromatics.
4. Add 2-3 cups of chicken stock to come half way up the pork belly.
5. Bring to a boil.
6. Cover and place in a 350 -degree oven for 2-hours or until pork belly is done, when a knife is inserted easily.
7. Strain liquid and use for a glaze on the pork during assembly

