
Poached Snapper with Chardonnay Sauce

*Chef Manolo Cancho - Beach Cafe and Bar - Siesta Key, FL
Sarasota's Chef Du Jour - 1992*

1 quart Court Bouillon
3 pounds snapper fillets
CHARDONNAY SAUCE
2 cups chardonnay wine
1/4 cup shallots, minced
2 cups strong fish stock or clam juice
1 teaspoon lemon juice
2 cups heavy cream
4 tablespoons butter
salt (to taste)
pepper (to taste)
dash Tabasco sauce
dash lemon juice

Bring the Court Bouillon to a strong simmer in a fish poacher or covered saucepan.

Place the snapper in the liquid and poach at a gentle simmer for about 8 minutes. or until the fish is opaque all the way through.

Serve with the Chardonnay Sauce.

TO MAKE THE CHARDONNAY SAUCE:

Boil the chardonnay with the shallots in a saucepan until the wine is reduced to 1/4 cup.

Boil the fish stock in a separate saucepan. Reduce to one cup. Add the chardonnay and shallot mixture. Stir in the cream. Gently boil until reduced to 1-1/4 cups.

Turn the heat to low and whisk in the butter, one tablespoon at a time. Salt and pepper to taste. Stir in the Tabasco sauce and lemon juice.

Seafood

Per Serving (excluding unknown items): 3440 Calories; 240g Fat (63.5% calories from fat); 291g Protein; 20g Carbohydrate; trace Dietary Fiber; 1281mg Cholesterol; 1524mg Sodium. Exchanges: 39 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Non-Fat Milk; 44 1/2 Fat.