

SCRAPE UP A SIMPLE SAUCE

DEGLAZE YOUR WAY TO ONE OF THREE STYLES

Beurre blanc is an excellent classic sauce for fish. It is also a springboard, offering a foundational technique for making a delicious garnish with endless flavor variations. Using wine, butter and what's at hand, follow these easy steps to build one of three simple sauces.

- 1 Remove the seared fish from the pan, turn up the heat to medium-high and add ½ cup of wine with 2 tablespoons finely chopped shallots. The wine should be angry at first. Use the wine you will be drinking. If you feel that is a waste of a special bottle, then find a less expensive but similar wine.
- 2 Channel the wine's rage into helping you scrape up the flavorful pieces stuck to the bottom of the pan using a flat-edged wooden spoon or spatula. Continue scraping occasionally until you've released all of the browned bits. Let the wine simmer until it's reduced by half, about 3 to 5 minutes.
- 3 Turn the heat almost off and whisk in 6 ounces of softened unsalted butter, bit by bit, until it is all incorporated. You're making an emulsion—in this case, a suspension of tiny bits of butter whipped into wine to create a thick, creamy sauce from two things that normally don't mix. *Now the real fun starts—it's time to make your sauce.*



Make It Provençal

Add a teaspoon of minced garlic, a half-cup of diced tomatoes and the chopped rosemary leaves from one sprig, then add a squeeze of lemon or a splash of white wine vinegar. For another layer of flavor, toss in a half-cup of chopped olives.

WINE TO TRY: Bandol blanc

Make It Sicilian

Add a teaspoon of minced garlic, a half-cup of diced tomatoes and a half-cup of capers, along with chopped oregano or fennel leaves. Finish by sprinkling in a handful of warmed pine nuts.

WINE TO TRY: Etna bianco



Make It Thai

Add a teaspoon of grated ginger, coins from the white part of one or two sticks of lemongrass, the zest from a makrut lime and a quarter-cup of chopped cilantro.

WINE TO TRY: Dry Riesling



TACKLE BOX

The Chef's Press Three Piece Starter Set

thechefspress.com, \$64

"When you're searing a fillet, especially with the skin side down, the skin tenses up and curls. Then the meat doesn't contact the surface evenly. You can do it by just pressing on the fish with a spatula but you've only got two hands. With fish weights, you can lay out three or four fillets."

Lamson Rectangular Turner With Walnut Handle

lamsonproducts.com, \$30

"Slotted spatulas? I think I have one. It's in a drawer somewhere. They're good for taking a piece of fish out of poaching liquid but not here. I use a big spatula that's not slotted, just like we use in the back kitchen on the griddle cooking hamburgers. Because it's big, it gets underneath things. It supports them nicely."

Salute Santé Cold Pressed Grapeseed Oil

grapeseedoil.com, \$20 for a liter

This type of grapeseed oil is like a super spy: You barely notice while it gets the job done. How does it work? It has a very high smoke point so it won't turn acrid and—yes, this sounds crazy—it has a neutral flavor. Like a perfect wineglass, it's a vehicle for carrying other primary flavors to you in pristine condition.

Fredericksburg No. 12 Cast Iron Skillet

fbgcastiron.com, \$230

"At the restaurant we sear on a *plancha* but at home a cast iron pan. Works very very nicely. Heat it up for a bit so it accumulates energy to transfer to the fillets." This large-sized option has a hand grip and a pour spout.

