



## Featured Recipe

From: Feature Story  
Compass Rose Restaurant

### Pan-fried Swordfish Steak on Carrot-Lobster Mousseline

Served with Crisp Sweet Potatoes and Tamarind Sauce  
(Serves 10)

#### Entree

#### *Ingredients:*

10 pieces Swordfish or Blue marlin steaks, each weighing 200 grams  
salt and freshly ground pepper  
olive oil  
cilantro leaves for garnish  
red beet spaghetti

#### ***Carrot Mousseline:***

3 lbs carrots, peeled and roughly chopped  
40 milliliters cream  
1 pinch cumin  
2 oz butter  
salt and freshly ground pepper

#### ***Crisp Sweet Potatoes:***

3 pieces sweet potatoes, cut into thin slices  
oil for deep frying  
salt

#### ***Tamarind Sauce:***

2 tablespoons butter  
100 grams shallots  
2 tablespoons sugar  
2 tablespoons tamarind pulp  
1 sprig fresh thyme  
¼ liter fish stock  
½ liter Port wine  
¼ liter chicken stock  
120 grams butter  
salt and freshly ground pepper



#### ***For the Fish Stock:***

60 milliliters vegetable oil  
200 grams leeks, peeled, chopped  
200 grams celery  
200 grams onions, peeled, chopped  
2 stalks lemon grass  
100 grams shallots, peeled, chopped  
2 kg fish bones or fish meat trimmings  
4 liter water  
12 grams cilantro leaves with stems  
12 grams parsley leaves with stems  
30 grams salt

## *Preparation:*

- For the carrot mousseline - cook the carrots in salt water until very tender, drain and purée by forcing them through a fine sieve or using a potato press. Heat the purée, then add the cream and the cream and mix well. Add the diced lobster and season to taste.
- For the Fish Stock - heat the oil in a stockpot, sauté the leeks, onions, shallots and lemon grass for 2-3 minutes without letting them brown. Add the fish bones and continue to sauté for 2 minutes more. Add the water and the coriander leaves to the pot. Season with salt and bring the water to boil. Reduce the heat and simmer at low heat for 25 minutes. Constantly scoop off the scum which forms on the surface. Strain the stock through a fine sieve or cheesecloth.
- For the Tamarind Sauce - heat the butter in a pan over medium heat, add the shallots and sauté until soft, then add the sugar, tamarind pulp, fish stock, and thyme and bring to a boil. Simmer to reduce the sauce by half, then add the Port wine, bring to boil and reduce the sauce again by half. Then add the chicken stock and reduce by half, season with salt and pepper then strain through a fine mesh sieve (if necessary thicken the sauce with cornstarch). Just before serving finish with the butter.
- For the fish – season the fish and grill until slightly underdone.
- For the presentation - spoon the carrot-lobster mousseline on the serving plates, garnish with the snow peas. Place the fish in-front of the lobster mousseline. Drizzle the sauce around the plate and decorate with the crisp sweet potatoes, red beet spaghetti and fresh cilantro.