

**PAN-SEARED RED SNAPPER
OVER SAUTÉED BOK CHOY IN
A COCONUT RED CURRY SAUCE**

SERVES 4

INGREDIENTS

4 cups cooked basmati rice

3-4 bunches baby bok choy

4 tablespoons avocado oil (divided)

1 ½ cups cherry red tomatoes

6-8 shallots, chopped

4 garlic cloves, minced

3 heaping tablespoons red curry paste (Thai Kitchen)

3 tablespoons maple syrup

30 ounces unsweetened coconut milk

1 large handful cilantro, chopped

4 red snapper filets, approximately 7 ounces each, with skin on one side

2 tablespoons ghee

juice of one lime

salt, to taste

FROM LORETTA'S SONOMA TABLE

DIRECTIONS

Cook basmati rice per instructions to render 4 cups, and preheat oven to 350°.

Slice bases off bok choy, pull leaves apart, and soak in cold water. Spin and/or pat dry, trimming bases further to make uniform leaves.

Sauté on medium-high heat in a heavy (cast-iron) skillet in 2 tablespoons avocado oil, about 5 minutes, adding salt to taste. Set aside. Bring a medium pot of water to boil and lower tomatoes in water for approximately 1 minute. With a slotted spoon, transfer tomatoes to a bowl of ice water. When cool, snip off the tops and peel off the skins, then set aside.

To make the coconut red curry sauce base, add 2 tablespoons avocado oil to a Dutch oven and sauté shallots on medium-high heat for 2-3 minutes. Add minced garlic and sauté another minute; add curry paste, maple syrup, salt, and coconut milk, and bring to a boil. Once boiling, remove from heat and add cilantro. Blend to smoothness using an immersion blender or standard blender. Return to the same pot, add bok choy and cherry tomatoes, and simmer 15-20 minutes for the flavors to meld; squeeze in juice of one lime and stir.

Salt the fish filets and heat your cast-iron skillet to medium-high. Add ghee, then sear the filets flesh side down for 2 minutes; flip to skin side down, then place the skillet in preheated oven for 8-10 mins until cooked through, to taste.

To assemble dish, serve basmati rice in four generously sized bowls. Spoon the coconut red curry sauce base over the rice, top with fish, and serve immediately.
