

Cooking With Rania

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Grilled Grouper and Fregula Stew

INGREDIENTS

- ½ pound Fregula (Sardinian Couscous)
- Extra virgin olive oil
- 1 Vidalia onion – chopped
- ½ cup thinly sliced leeks
- 2 cloves of garlic – minced
- 2 teaspoons finely chopped fresh oregano
- 2 tablespoons anchovy paste
- ½ cup chopped Italian parsley
- 2 teaspoons red pepper flakes
- 1 cup white wine
- 1 jar purchased marinara sauce
- 6 – 6 ounce grouper filets
- Olive oil for searing the grouper
- Sea salt and freshly ground black pepper to taste
- 1/3 cup currants
- 1/3 cup toasted pine nuts
- ¼ cup sliced caper berries
- Sea salt and freshly ground black pepper to taste

Garnish: Additional caper berries



DIRECTIONS

Bring a large pot of water with 1 teaspoon of salt to a boil over high heat. Add the fregula and cook for 7 to 9 minutes or until al dente. Drain well and reserve 2 cups of the pasta water for the stew. Set aside.

Heat a little bit of olive oil in a medium wide bottomed pot and add the onion and leeks. Sauté until they are almost golden in color and then add in the garlic, oregano, anchovy paste, parsley and red pepper flakes. Add in the white wine and cook until the wine is reduced by one third. Add in the marinara sauce with the reserved pasta water and bring the sauce to a simmer. Increase the heat to high and cook the stew for 10 minutes. Add the cooked fregula, currants, pine nuts and caper berries. Season to taste with sea salt and freshly ground black pepper. Hold the stew over a low heat while searing the grouper.

To sear the grouper:

In a large nonstick skillet, add a few turns of olive oil and heat to almost smoking. Add in the grouper filets and season with salt and pepper to taste. Sear the grouper on one side and flip over. Continue to pan sear just until the grouper is cooked through. Do not overcook, as it will dry out.

To serve:

Ladle the stew into 6 individual large shallow bowls and top each bowl with a grouper filet. Garnish the bowls with additional caper berries.

Serves: 6