

Grilled Sturgeon with Asparagus and Peas

We don't think of cooking sturgeon very often, but this recipe from the chef at McAvoy Ranch is delicious.

Serves 4

Ingredients

4 skinless sturgeon fillets, 5 to 6 oz. each
Sea salt or kosher salt
Freshly ground black pepper
Extra virgin olive oil
1 pound English peas
5 spearmint leaves
½ small white or yellow onion, thinly sliced
1 pound asparagus

Preparation

*Snap the tough bases from the asparagus spears and discard. Place the asparagus on a baking sheet and sprinkle with 1 tablespoon olive oil, ½ teaspoon salt and black pepper to taste. Toss to coat.

*Put the onion in a heavy-bottomed 3-quart pan along with 2 tablespoon olive oil and ½ teaspoon salt. Cook over medium heat, stirring frequently until the onion is soft but not browned. When the onion is tender, increase the heat to high and add 1 cup of peas. Stir-fry for 30 seconds to coat the peas with oil. Add 3 cups of water and bring the mixture to a boil, stirring frequently. Reduce heat, maintaining a strong boil, and cook for 5 minutes, stirring occasionally.

*Remove from heat and place mixture in blender, along with the spearmint leaves. Starting on low speed, blend for one minute, slowly increasing the speed to high. Press mixture through a fine strainer into a small saucepan. Discard solids. Add reserved peas to liquid and simmer over low heat until peas are tender. Season to taste and keep warm.

*Sprinkle sturgeon with 2 teaspoons olive oil, ½ teaspoon salt and black pepper to taste. Grill fish over a medium-hot fire until done, about 4 minutes per side. While fish is cooking, grill the asparagus, turning occasionally, until done.

*To serve, arrange asparagus on four warmed dinner plates. Ladle as much of the pea mixture over the asparagus as the plates will allow, and top with the fish portions.