

# Recipes for Change: Poached Sable fish



The Sable Fish Recipe is a creation of leading Canadian IP Chef Shane Chartrand of the Maskêkosak Enoch Cree Nation in Alberta Canada. As most first nations, Cree people have very strong affinity with the environment and the natural resources which can be seen in their food, how it is produced and prepared. The recipe is a combination of ingredients usually found in their habitat.

**Poached Sable fish**, with pine mushroom broth, yam puree with honey apple sauce. Pair with zucchini.

*Serves 6*

2 lbs. Sablefish filets (or Nile Perch), precleaned  
1 Medium yam (about 1 lbs.)  
4 oz Honey pure  
4 Green apples, cored  
4 oz Brown sugar

Matsutake/ pine mushrooms, Approx. 6 large whole  
½ cup Cedar shake  
20z approx. Wild willow  
Salt and pepper - to taste  
2oz Thyme  
2oz Rosemary  
Minced Garlic-2 oz  
Olive oil- approx. 6 oz  
Bouillon  
4 quarter pieces of garlic  
Apple juice 2 cups  
2 oz Unsalted butter  
2-3 Zucchini, variety of choice.

#### **Fish and broth:**

Rinse the fish and pat dry. Season gently with salt and pepper. Set aside.  
Add oil in a sauté pan, heat up to medium-high.  
Sauté the mushrooms quickly in a sauce pot with salt, pepper, and minced garlic. Add the bouillon broth and gently reduce heat to light minimum heat.  
Add cedar shake and willow to the broth. Be sure that this is a fast quick sauté, not meant to cook all the way through.  
Now add 2 oz fresh thyme, and 2 oz fresh rosemary and 4 quarter pieces of garlic whole. Steep the broth for 5 minutes on low.  
Strain the broth, add mushrooms back into the broth, and keep warm.

#### **Honey Apple Sauce:**

Chop apples and cook apples in apple juice and brown sugar in a pot on medium-high heat, and then puree. Then add the honey, mix, and chill.

#### **Yams and Zucchini:**

Cut yams in half lengthwise, lay on a baking tray cut side down, leaving the skin facing upwards.  
Roast yams in the oven at 350F until fork tender, take off the skin gently and watch for steam.  
Puree the yams and season with salt, pepper, and butter. Set aside.

Chop zucchini into 1-inch cubes and sauté in a pan with olive oil until cooked. Season with salt and pepper accordingly.

#### **Assemble:**

Heat up broth and gently add the fish and cook until tender but don't overcook to fall apart.  
Heat up yams in a pan.

On a plate, add a scoop of yams, followed by sauteed zucchini, then fish filet, and finally drizzle the honey apple sauce on top.