



From Our Boats To Your Table!

Shad Roe with Bacon in Balsamic Vinegar Sauce

Serves 2

Recipe by Chef Mike Valle of Catalina Seafood Company

Ingredients

- 1 pair Shad Roe
- 4-6 pieces Bacon or Pancetta
- 2 ounces of Olive Oil
- 1 cup All Purpose Flour
- 4 shallots - peeled and sliced
- 1/4 ounce fresh thyme
- 3 cloves garlic
- 2 Tablespoons whole black peppercorns
- 1/2 cup Balsamic Vinegar
- 1 Cup Chicken Stock
- 1 Cup White Wine or Cooking Wine
- 1/4 Cup Heavy Cream
- 1/4 pound of Butter, chilled and cubed
- Salt and white pepper to taste

Directions

For the Roe: Carefully clean residual skin and fat from the roe while leaving the roe sac intact. Gently wrap 2-3 strips of bacon or pancetta around the roe. Refrigerate for about 20 minutes. Preheat oven to 350°F. Pour about 2 ounces of olive oil into a sauté pan, heat until lightly smoking. Remove shad roe from refrigerator and roll in flour to coat. Place floured shad roe in the pan. Sauté until golden brown, turn over and repeat browning for other side. When both sides are brown, place in oven for about 10 minutes or until the roe is firm to the touch.

For the Sauce: In a small saucepan place the sliced shallots, thyme, garlic, whole black peppercorns, balsamic vinegar, chicken stock and wine. Reduce over medium heat until approximately 3/4 of original volume. Add heavy cream, continue cooking until reduced by half. Remove from heat and gently whisk in the butter piece by piece. Pour sauce through a strainer to remove all herbs, etc. Season with salt and white pepper.

To Serve: Drain shad roe on paper towel. Pour the sauce on the plate and place roe on top. Can be served over sautéed spinach. Possible garnishes include chopped parsley and fresh bacon bits.

Preparation time 40 minutes.