



Saltimbocca of Shad and Shad Roe

Serves 4

Ingredients

- 50 sage leaves
- 1 medium shallot, chopped
- 4 tablespoons unsalted butter, softened
- 1 teaspoon lemon juice
- Sea salt and pepper
- 1 pair shad roe, thick outer membrane removed (most mongers will do it)
- 1 shad fillet, about 3/4 pound
- 6 ounces prosciutto di Parma, sliced thin
- 3 tablespoons extra-virgin olive oil
- ½ cup dry white wine or cooking wine
- Lemon wedges, for serving

Directions

1. Chop 30 of the sage leaves. Combine them with the shallot and butter in a food processor or a mortar and process or pound until smooth. Season the sage butter with lemon juice and salt and pepper to taste.
2. Pat the shad roe dry. Using a sharp knife, separate the two lobes and trim any stringy membranes. Cut each lobe into four pieces. Cut the fillet in 10 to 12 equal pieces. Spread the sage butter on one side of each piece of roe and fillet. Wrap each piece in a wide strip of prosciutto. Refrigerate, covered, until ready to proceed to the next step.
3. Heat the oil in a large skillet on medium-low. Sauté the fish and roe pieces, turning once, until lightly browned, 2 to 3 minutes per side. Arrange on a serving platter or on plates and place a sage leaf on each piece. Pour the wine into the skillet and cook on medium-high heat for about a minute, stirring, until the liquid is slightly reduced. Spoon over the fish and serve with the lemon wedges.