



fresh fish markets

## SNAPPER Fillets with Mushrooms & Wild Rice

*serves 4*

### INGREDIENTS

4 (6 Oz.) red snapper fillets  
Salt and white pepper to taste  
3 T vegetable oil

#### **BALSAMIC SAUCE**

2 c balsamic vinegar  
2 c red wine vinegar

#### **WILD RICE**

½ c chopped pecans  
2 T butter  
2 c cooked wild rice  
½ c minced carrot  
½ c minced celery  
½ c minced wild mushrooms  
Salt & freshly ground pepper to taste

#### **MUSHROOM SAUTE**

¼ cup olive oil  
2 c assorted wild mushrooms such as  
shitakes, chanterelles, or oysters  
2 t minced shallot  
2 pinches minced garlic  
Salt & freshly ground pepper to taste  
24 red grapes, peeled  
¼ c pine nuts, toasted

#### **GARNISHES**

Extra-virgin olive oil  
Fresh arugula, radicchio or  
watercress leaves  
1 T chopped fresh chives

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#### **To make the sauce:**

In a small saucepan, combine the balsamic and red wine vinegars over medium heat. Reduce to the consistency of maple syrup. Set aside until ready to serve.

#### **To prepare the wild rice:**

Lightly toast the pecans in a dry saute pan over medium heat. Add the butter, wild rice, carrot, celery and mushrooms. Saute over medium-high heat for about 2 minutes or until the vegetables are just tender. Season with salt and pepper.

#### **To saute the mushrooms:**

Heat the oil in a large saute pan over high heat. Add the mushrooms and saute for 3 to 4 minutes. Then add the shallots and garlic and saute for 1 minute more, being careful not to burn the garlic. Season with salt and pepper. Add the grapes and pine nuts, stirring lightly to combine. Set aside and keep warm.

#### **To cook the snapper:**

Season the fillets with salt and white pepper. Heat an 8-inch skillet almost to smoking and film with the oil. Saute the fillets for about 2 minutes on each side.

#### **To serve:**

Drizzle each plate with balsamic sauce in a decorative design. Mound ½ cup of wild rice on each plate. Place fish on top of the rice. Distribute the mushroom saute over the fish. Dribble a generous amount of olive oil over the saute and around the plate. Tuck the arugula, radicchio or watercress leaves around and under the fish. Sprinkle with the chives.

We're picky about our seafood.  
We think you should be too.

