

aerie

Grand Traverse Resort and Spa

IRON SKILLET-SEARED WHITEFISH WITH SPRING VEGETABLES

(Serves 2)



INGREDIENTS:

2 Filets fresh Whitefish
1 Bunch fresh Asparagus (trimmed and peeled ends)
1-2 Oz. Olive Oil
2 Oz. Butter
12 to 20 Ramps
8 Oz. fresh foraged Mushrooms (chanterelle, morel, lobster, brick tops, chicken (or hen) of the woods, black trumpet, bear tooth)
2 Oz. Butter
2 Oz. Dry White Wine
1 Fresh Lemon (Juice and Zest)

COOKING DIRECTIONS:

Warm an iron pan on a medium-high flame. (If you don't have a cast-iron pan, steel will work). When the pan gets warm, add oil.

Lightly season flesh side of whitefish with salt and pepper. Place flesh side down in pan and wait 3-5 minutes, until the fish starts to brown and release from the pan. Remove it and place on a sprayed baking sheet, skin side down. Finish in a 350-degree oven for 10 minutes.

After the fish comes out of the pan, reduce heat to medium low and melt 2 oz. of butter. Add trimmed asparagus and lightly sauté. Remove from pan and set aside.

Add in second 2 oz. of butter, chopped mushrooms, and the white part of the cut ramps. Let them sauté until they start to brown. Then toss green end of ramps, salt, pepper, and the asparagus. Finish with white wine and cover with lid to steam for 2-3 minutes.

TO SERVE:

Pull fish from oven. Place asparagus on plate, then the fish, and then top with mushrooms and ramps. Squeeze lemon over top and top with zest.



SOUS CHEF BRYAN PETRICK

A 13-year veteran of restaurant cooking and cuisine, Chef Bryan Petrick is currently the Sous Chef at Grand Traverse Resort and Spa's Aerie Restaurant & Lounge on the 16th floor of the Tower, a position he has held since spring of 2015.

Chef Bryan joined the staff at Aerie in 2012 as a cook and worked his way up to Sous Chef, the top chef position at Aerie Restaurant.

Chef Bryan is a 2012 graduate of Culinary Arts at The Art Institute of Michigan in Novi. Prior to graduation, he worked at the Cherry Blossom Japanese Restaurant in Novi and the Ironwood Grill in Plymouth. His first restaurant job was at the Texas Corral Steakhouse in Canton.

In the Aerie kitchen, Chef Bryan enjoys using his skills to invent creative new dishes.



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aerie
restaurant · lounge

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