

Tilghman Island Inn

Bronzed Rockfish

with Dogwoods Farm Summer Succotash and Crab Sherry Proscuitto Sauce

Rockfish:

**4 – 6oz Rockfish skin scored
(Striped Bass) or other white fish
4 Teaspoons Tilghman Island New
Bay Spice (Recipe follows)
Salt & Pepper to taste
4 Tablespoons Olive Oil**

New Bay Seasoning

1 T paprika	½ t thyme
1 t cayenne pepper	½ t oregano
1 t garlic powder	1 t salt
½ t white pepper	½ t celery salt

**Sprinkle filets with salt, pepper &
New Bay. Heat oil in a cast iron or
tin steel skillet until very hot. Sear
flesh side first until lightly
browned, sear skin side. Set aside.**

Succotash:

**2 cups Fava Beans skinned
2 cups Fresh Corn Kernels
1 cup diced Yellow Squash
1 cup diced Zucchini
½ cup diced red bell peppers
½ cup diced green bell peppers
¼ cup minced shallots
1 tbs minced garlic
¼ cup dry white wine
Salt and Pepper to taste**

**Place Olive oil in a saute pan over
low heat, add peppers and shallots,**

**cook until softened add garlic cook
until fragrant. Add Edamame,
squash, white wine, salt, pepper.
Cook about 3 minutes. Set aside,
keep warm.**

Sauce:

**2 tbs minced shallots
¼ cup chopped Proscuitto
½ cup Lump crabmeat
¼ cup dry white wine
¼ cup dry sherry
2 tbs Olive oil
1 cup heavy cream
Salt & Pepper to taste**

**Saute shallots, Proscuitto, olive oil
over low heat until shallots are soft
(not browned). Deglaze pan with
wine and sherry. Add cream salt
& pepper reduce by half, add crab
adjust seasoning.**

To Assemble:

**Return filets to a 350 degree oven
until just cooked through (approx.
8 minutes per inch of thickness at
the thickest part.**

Reheat Succotash if necessary.

**Divide succotash among four
plates. Top with Rockfish filet.
Reheat sauce and nap over each
filet. Garnish with a sprinkle of
New Bay Spice and sprigs of fresh
herbs.**

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