

# Florida Filet of Grouper Roundade



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## ingredients

- 4 large carrots, washed and scrubbed, remove root, cut into small slices
- 1 large piece root ginger, peeled, finely chopped
- Salt, as needed
- 16 oz grouper filet, fully cleaned, cut into four even pieces, on a bias
- 1 c Quaker Old-Fashioned Oats
- ½ c whole milk
- 8 pieces kaffir lime leaves, washed, stem removed, finely shredded
- 4 kale leaves, washed, dried, stems removed, pulled into bite size pieces
- 1 avocado, remove flesh, cut into small dice

## instructions

1. Separately lay each piece of grouper filet onto a piece of plastic wrap, fold plastic over.
2. Gently tap with a small, flat, mallet into elongated flat pieces, repeat with other three pieces.
3. Cut and shape evenly.
4. Pour milk into a small sauce pot with kaffir leaves, add only 4 oz of oats, gently cook to a thick paste, cool.
5. Evenly divide and spread oat mixture onto each group and roll each one.
6. Using the other 4 oz of oats, roll the grouper filets to cover, press each one so that oats will stick.
7. Wrap in plastic wrap and refrigerate for an hour.
8. Place carrots, ginger & salt into a small pot, just cover with cold water, bring to a boil & simmer until tender.
9. Drain water, but keep aside. Place carrots into a blender, add water as needed to blend smooth.
10. Place torn kale pieces onto a small roasting tray and lightly cook kale in a moderate oven until crisp. Remove.

### *To plate:*

1. Cut each of the grouper rolls in half, place 4 warm plates on a table.
2. Divide carrot ginger puree into four & spread with a spoon down the middle of each plate.
3. Divide kale chips into four and place onto the carrot puree, repeat with the avocado.
4. Place each of the grouper rolls onto the center of each plate, two pieces each. Serve.

by Andy Trousdale