

Maryland Rock Fish with Roasted Yellow Pepper Grits and Roasted Poblano Sauce

4 (6 ounce) Rock Fish Fillets
2 tablespoons olive oil
Salt and freshly ground pepper
Roasted Yellow Pepper Grits, recipe follows
Roasted Poblano Sauce, recipe follows

Brush fish with olive oil on both sides and season with salt and pepper. Heat sauté pan or grill pan over high heat until smoking. Grill, skin side down, for 3 to 4 minutes or until golden brown. Turn over and continue cooking for 2 to 3 minutes for medium-well doneness. Place a heaping mound of Yellow Pepper Grits onto 4 dinner plates. Place a fillet on top of each and drizzle with the Poblano Sauce.

Yellow Pepper Grits:
3 large yellow peppers
4 tablespoons olive oil
1 tablespoon unsalted butter
1 large Spanish onion, finely chopped
3 gloves garlic, finely chopped
1 tablespoon chipotle puree
2 (16 ounce) cans hominy, drained
1 cup heavy cream
1/2 cup grated white Cheddar

Preheat oven to 400 degrees F.

Rub the pepper with 2 tablespoons of the oil and place on a baking sheet. Roast in the oven until soft and skin is blackened. Place the peppers in a medium bowl, cover with plastic wrap and let sit for 15 minutes. Remove the skin and seeds from the peppers. Place 2 of the peppers in a food processor and process until smooth. Cut the remaining pepper into fine dice and set aside.

Place the hominy in a food processor and process until smooth. Heat the remaining 2 tablespoons of oil and butter in a medium saucepan over medium heat. Add the onions, season with salt and pepper, and cook until soft. Add the garlic and cook for an additional 2 minutes. Add the hominy, yellow pepper puree, and heavy cream. Season with salt, pepper, and chipotle puree. Cook for 10 minutes and fold in the diced yellow peppers and cheddar.

Poblano Pepper Sauce:
3 poblano peppers, roasted, peeled, seeded and chopped
1/4 cup red wine vinegar
3 tablespoons chopped cilantro
2 tablespoons honey
Salt and freshly ground pepper
1/2 cup olive oil