



Whole Smoke-Roasted Striped Bass and Rocket Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



464 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 455 g arugula (also known as rocket)
- ☐ 80 g basil leaves loosely packed
- ☐ 64 g chili powder
- ☐ 20 ears corn for 30 seconds
- ☐ 2 egg yolks
- ☐ 2 cloves garlic chopped
- ☐ 3 cloves garlic chopped

- ☐ 5 cloves garlic roughly chopped
- ☐ 12 g ground pepper black
- ☐ 30 servings kosher salt and freshly cracked pepper black to taste
- ☐ 75 g kosher salt
- ☐ 30 ml juice of lemon fresh
- ☐ 235 ml juice of lemon fresh
- ☐ 10 limes cut into 6 wedges each
- ☐ 475 ml olive oil
- ☐ 50 g parmigiano-reggiano grated
- ☐ 300 g parsley leaves fresh whole italian
- ☐ 220 g pistachios toasted
- ☐ 480 g queso fresco crumbled well (if you can't find queso fresco, feta works as)
- ☐ 8 sprigs rosemary
- ☐ 1 salmon whole
- ☐ 10 tarragon sprigs
- ☐ 12 thyme sprigs
- ☐ 475 ml vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Make sure the fish has had all its scales removed, and that the inside cavity is clean. If there are any scales left, remove them using the back of a knife to scrape the skin from tail to head. Pat the skin dry with a towel.
- ☐ Prepare smoker and bring heat to 400degreesF (200 degrees C). We recommend oak or hickory as the smoke wood.
- ☐ In a blender, puree the olive oil, garlic, 5 cups (300 g) parsley leaves, rosemary, lemon juice, salt, and pepper until smooth. Coat the fish with the herb mixture inside and out. Stuff the cavity with the basil, tarragon, thyme, and remaining 1 bunch parsley.
- ☐ Transfer fish to a large foil-lined baking sheet, and smoke for 5 minutes for every inch (2.5 cm) the fish measures at its largest circumference, or until the fish's internal temperature reaches 140 degrees F (60 degrees C).
- ☐ To serve, gently transfer roasted fish to a large platter or cutting board and drizzle with Rocket Pesto.
- ☐ Serve with Cheesy Grilled Corn.
- ☐ Pesto is traditionally made with basil, garlic, parmesan or pecorino cheese, pine nuts, and olive oil, but we thought we'd shake things up a bit by replacing the basil with arugula and substituting pistachios for pine nuts.
- ☐ In a food processor, puree the pistachios, garlic, and cheese.
- ☐ Add arugula and pulse to combine. With the motor running, slowly drizzle in the olive oil. Season with salt and pepper.
- ☐ Grilled corn with cotija cheese (a hard, dry cheese named for the town in Mexico from whence it originates), mayonnaise, and a dusting of chili powder is popular street food in Mexico. One bite and it's easy to see why. Here's our version.
- ☐ In the bowl of a food processor, puree the egg yolks, garlic, and lemon juice. With the motor running, slowly drizzle in oil to combine. Season with salt and pepper.
- ☐ Transfer to a bowl and reserve.
- ☐ Prepare grill. When fire is medium-hot (you should not be able to hold your hand over the coals for more than 10 seconds), grill corn for about 5 minutes, rolling it to toast all sides and keep it from burning (C).
- ☐ Remove from grill and slather with aioli, then sprinkle with queso fresco and chili powder.
- ☐ Serve with lime wedges.

Nutrition Facts



 **PROTEIN 11.42%**  **FAT 72.18%**  **CARBS 16.4%**

Properties

Glycemic Index:17.27, Glycemic Load:1.27, Inflammation Score:-9, Nutrition Score:21.915217275205%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 10.92mg, Hesperetin: 10.92mg, Hesperetin: 10.92mg, Hesperetin: 10.92mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 463.6kcal (23.18%), Fat: 39.06g (60.09%), Saturated Fat: 7.53g (47.07%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 15.79g (5.74%), Sugar: 5.89g (6.54%), Cholesterol: 49.13mg (16.38%), Sodium: 1386.07mg (60.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.8%), Vitamin K: 230.57µg (219.59%), Vitamin A: 2352.25IU (47.04%), Vitamin C: 31.72mg (38.45%), Vitamin E: 4.62mg (30.82%), Phosphorus: 256.56mg (25.66%), Vitamin B12: 1.46µg (24.3%), Selenium: 16.74µg (23.91%), Manganese: 0.43mg (21.63%), Vitamin B6: 0.39mg (19.72%), Calcium: 193.19mg (19.32%), Folate: 71.83µg (17.96%), Magnesium: 69.43mg (17.36%), Fiber: 4.18g (16.72%), Potassium: 552.91mg (15.8%), Vitamin B1: 0.23mg (15.35%), Iron: 2.7mg (15.01%), Vitamin B3: 2.35mg (11.74%), Copper: 0.23mg (11.58%), Vitamin B5: 1mg (9.98%), Zinc: 1.4mg (9.37%), Vitamin B2: 0.15mg (8.96%), Vitamin D: 0.51µg (3.37%)