

Pan Seared Walleye with Crispy Polenta Cake & Sautéed Spinach

Prep Time: 45-minutes

Cook Time: 30-minutes

Total Time: 1 hour 15-minutes

Serves: 4

NOTE:

Ingredients

For the Walleye

- 4 Walleye filets
- 6 oz. Salted butter
- 1 Tbsp. Rosemary
- 1 Tbsp. Thyme
- Kosher Salt
- Black Pepper

For the polenta cake

- 2 Cups Polenta (coarse yellow cornmeal)
- 6 Cups water
- 4 oz. Parmesan Cheese (Grated)
- 4 oz. Butter

For the spinach

- 8 oz. Spinach (Blanched)
- 2 oz. Roasted Red Pepper
- 2 Tablespoons of Olive Oil
- 6 Cloves of Garlic

For the lemon caper sauce

- 6 oz. Salted butter
- 1 fresh squeezed lemon
- 2 tablespoons capers

Method

Preparing your polenta cakes

We recommend preparing your polenta cakes ahead to save time!

1. Preheat your oven to 400 degrees F
2. Prepare a 9x13 baking dish with cooking spray or butter
3. Bring water to a boil in a large saucepan over medium heat. Slowly mix in your polenta (cornmeal).
4. Reduce heat and allow to simmer uncovered for 3-5 minutes (until smooth consistency)

5. Incorporate parmesan cheese and salt & pepper to taste
6. Pour your mixture into the baking dish and place immediately into the oven for 40-minutes
7. Remove from oven and allow to cool
8. When preparing to serve the main course cut out your polenta cakes and sear in butter in a pan over high-heat for 2-minutes per side to achieve crispiness.

Cooking your walleye

1. Melt 6 oz. butter in a large skillet/sauté pan over high heat
2. Season your walleye filet with salt, pepper, rosemary, and thyme mixture
3. Place walleye filet *skin side facing UP* into the pan –you should hear a loud sizzle
4. Allow walleye to cook for a short amount of time – 4-6 minutes depending on the size of your filet.
5. Flip your walleye and allow it to sear and cook fully for another 2-3 minutes.

Cooking your spinach

1. Heat 2 tablespoons olive oil over medium heat in a sauté pan
2. Add your garlic (diced, or minced are all OK)
3. Allow the garlic to get a nice golden-brown color
4. Add 8 oz. of blanched spinach – spread your spinach and allow oil and garlic to coat
5. Add your roasted red peppers
6. Add a pinch of salt to taste

Prepare your lemon caper sauce

1. Heat 4 oz. Salted butter in a small sauce pan
2. Squeeze and mix in juice from an entire fresh lemon
3. Remove from heat and add 2 tablespoons capers

Serve