



GROUPE A LA PLANCHA *with* SUN-DRIED TOMATOES *and* SPINACH

Serves 4

Four 6-ounce grouper fillets

- 1½ teaspoons kosher salt
- 1½ teaspoons freshly ground black pepper
- 1 tablespoon extra-virgin olive oil
- 4 garlic cloves, very finely minced
- ½ shallot, very finely chopped
- ⅓ cup dry-packed sun-dried tomatoes, thinly sliced
- ¼ cup dry white wine (such as pinot grigio)
- 2 cups spinach leaves
- ½ cup half-and-half
- ½ cup Chicken Stock (page 211) or store-bought chicken broth
- 1 tablespoon roughly chopped fresh flat-leaf parsley

Fish is one of my favorite fast foods. It's healthy and cooks quickly, plus its natural flavor allows it to pair with a range of different ingredients from mild to strong. Living in Miami, I'm lucky enough to have access to pristine, just-off-the-boat, locally caught fish, but if finding good-quality, firm, and fresh-smelling fish isn't a possibility in your area, buy frozen (flash frozen is best—it maintains the texture and flavor of the fish). If grouper is unavailable, switch it up with mahi mahi, snapper, or cod.

1. Season the grouper with 1 teaspoon of salt and 1 teaspoon of pepper and set it aside. Heat the olive oil in a large nonstick skillet over high heat. Place the grouper fillets in the pan and cook until browned, about 3 minutes (if you don't want the ends of the fish to curl, use a spatula to lightly press them down). Add the garlic and shallots and then carefully slide a spatula under the fish and flip it onto the other side.

2. Add the sun-dried tomatoes and white wine to the pan, gently adjusting the fish so some wine gets beneath it, and then add the spinach, half-and-half, and chicken stock. Bring the sauce to a simmer and once it begins to thicken, after about 5 minutes, stir in the remaining ½ teaspoon of salt and the remaining ½ teaspoon of pepper and turn off the heat. Divide the spinach mixture among four plates, top with the grouper, sprinkle with the parsley, and serve.