

# POACHED EURO BASS FLATBREAD

RECIPE BY CHEF KENZIE OSBORNE

BLOG: [HTTPS://KENZIEOSBORNE08.WIXSITE.COM/POWERITUP](https://kenzieosborne08.wixsite.com/poweritup)

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*Valentines Day traditionally calls for some sort of "exotic dish" - usually incorporating a delicate fish or a fancy cut of steak. Personally, I still love my comfort food - pizza or flatbread - and all those feel-good-in-your-tummy meals! So, I decided to fuse the two ideas together and make some sort of an upscale poached euro bass flatbread. Really, you can use any white fish in this recipe - but I love the flaky, tender subtle taste of euro bass. The light lemon and parsley is refreshing and uplifting - and the flatbread inspiration offers a comforting Italian twist. This recipe is relatively easy to prepare, yet extremely impressive! If you're looking to make a show-stopping meal for your loved one this Valentines - look no further. This upscale flatbread is promised to please -and it'll certainly set you up for a romantic Valentines date this year!*

| Nutrition Facts   |                              |
|---|------------------------------|
| Valeur nutritive  |                              |
| Per (450 g)<br>pour (450 g)                                       |                              |
| <b>Calories 620</b>   | <b>% Daily Value*</b>        |
|   | <b>% valeur quotidienne*</b> |
| <b>Fat / Lipides 25 g</b>   | <b>33 %</b>                  |
| Saturated / saturés 4 g   | 20 %                         |
| + Trans / trans 0 g   |                              |
| <b>Carbohydrate / Glucides 62 g</b>                               |                              |
| Fibre / Fibres 5 g  | 18 %                         |
| Sugars / Sucres 6 g   | 6 %                          |
| <b>Protein / Protéines 35 g</b>                                   |                              |
| <b>Cholesterol / Cholestérol 55 mg</b>                            |                              |
| <b>Sodium 390 mg</b>  | <b>17 %</b>                  |
| <b>Potassium 950 mg</b>   | <b>20 %</b>                  |
| <b>Calcium 100 mg</b>   | <b>8 %</b>                   |
| <b>Iron / Fer 5 mg</b>  | <b>28 %</b>                  |
| *5% or less is <b>a little</b> , 15% or more is <b>a lot</b>      |                              |
| *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b> |                              |



# PARSLEY FLATBREAD

RECIPE BY CHEF KENZIE OSBORNE

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Yield = 2 Servings

## Ingredients

- 1 cups all purpose flour
- 175 ml water
- 3 sprigs parsley, fresh, chopped
- 15 ml olive oil

## Directions

1. In a medium bowl, whisk together parsley and flour. Add in water and combine with hands to form a dough. Separate dough into smaller sections and use a rolling pin to form the dough into 8-inch diameter circles.
2. Heat 1 Tsp (5mL) of olive oil on a tawa (or flat griddle) over medium heat.
3. Place the dough onto the pan and cook until brown on one side. Flip, and continue to cook until brown and heated through. Remove flatbread from pan and set on a plate.
4. Repeat steps 2 and 3 until all flatbreads are cooked. Cover the flatbreads with a clean towel until ready to serve or add toppings.

TIP: You can substitute any fresh herb into this recipe. Try making a batch with basil, cilantro, or thyme!



# FISH STOCK

RECIPE BY CHEF KENZIE OSBORNE  
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Yield = 1L

## Ingredients

- 1 pc euro bass, bones and head
- 1 pc shallot, diced
- 2 cloves garlic, smashed
- 1/2 pc carrot, rough chop
- Fennel leaves (from one bulb)
- 3 stems parsley
- 5 black peppercorns
- 1/2 cup white wine
- 5 cups water

## Directions

1. Filet Euro Bass and remove all bones. Reserve bones and head for stock. Put the fillets in a bowl and cover – use for flatbread recipe, or another whitefish recipe.
2. In a large stockpot, sweat shallot, smashed garlic, carrot, fennel leaves, parsley stems, and black peppercorn.
3. Add white wine, fish bones, and water. Bring to a simmer, and skim the top to remove impurities.
4. Add more water to cover vegetables if needed. Continue to simmer for 20 minutes.

### TIPS

- If you have any additional vegetable scraps left over in your fridge, you can use them in this recipe. Add them to the stock at the same time as you add the other vegetables. They will add more flavour to the stock!
- You can substitute 1L water with 1L vegetable stock to make a flavourful fish broth. Serve with dumplings, fresh poached fish, or cooked vegetables for an appetizer or light main course.



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Yield = 2 Servings

## Ingredients

- 2 pcs euro bass filets
- 1 tbsp olive oil
- 1/4 bunch kale
- 1 cloves garlic, minced
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1/2 tsp dijon mustard
- 1/2 tsp dried basil
- 1/4 bulb fennel, thin julienne
- 1/2 pc red onion, thin slice
- 3 pcs mushrooms, thin slice
- 1/2 pc red pepper
- 1 pc green onion, thin slice
- 3 sprigs basil
- 1 tbsp olive oil
- 1/2 cup fish stock (recipe follows)
- 2 cups white wine
- 1 recipe "Parsley Flatbread"

## Directions

1. Preheat oven to 350F. Roughly chop the kale into bite-sized pieces (remove stem). Place on a baking tray lined with parchment paper. Bake for 10-20 minutes, until edges are browned.
2. In a small bowl, combine garlic, lemon juice, olive oil, dijon mustard, and dried basil. Stir to combine, and set aside for later use.
3. Cut fennel (julienne), red onion (julienne), mushroom (thin slice), red pepper (julienne), and green onion (thin slice on bias).
4. Heat 1 Tbsp (15mL) of olive oil in a saute pan over medium-high heat. Add the red onion and cook until softened. Add fennel and cook until light-brown and tender. Finally, add the red pepper and mushrooms. Cook until tender. Remove from heat and set aside.
4. Pour white wine and fish stock into a sautoir and bring to a simmer. Place fish fillets into the liquid and poach until cooked through (flesh will break apart easily). Remove from heat and prepare for assembly.
5. Heat the 8-inch flatbreads in the oven until warm. Optional: Broil the flatbread for approximately 1 minute for a crispy finish.
6. Assembly: Using a pastry brush, spread one tbsp of garlic and lemon olive oil onto one 8-inch flatbread. Arrange sauteed vegetables evenly on the surface of the flatbread. Break apart the fish fillets into flakes, and sprinkle on top of the flatbread. Top with sliced green onion, fresh basil and kale chips.

TIP: If you do not have fish stock, you can substitute equal parts vegetable stock instead.