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From the Kitchen of Chef Michael Feker

IL MITO is located at 6913 W North Ave, Wauwatosa

## IL MITOS FISH OF THE DAY

### Ingredients

- 4, 6-oz Filets of your favorite fish
- 2 oz roasted garlic puree
- 2 oz chicken stock
- 1 oz whipping cream
- juice of 1/2 lemon
- 4 Tbsp Flour
- 2 tsp paprika
- Salt and White pepper

### Directions

1. In a stainless steel bowl whisk the flour and paprika.
2. Heat a sauté pan over a medium heat. Add 1 tablespoon of oil to the pan.
3. Working in batches, dust each fillet with the flour mixture and sear in the pan until golden brown and crispy. Transfer each filet to a lightly oiled sheet tray.
4. When all of the fresh seafood filet has been seared, drizzle each with a little extra virgin olive oil and finish cooking the fish under a broiler to the desired doneness.
5. Chef's Note: place the fish on the middle rack while broiling.
6. Meanwhile, mix the roasted garlic puree, the stock, the whipping cream and lemon juice in a saucepan and bring to a gentle simmer.
7. Once your seafood is ready, serve atop your roasted garlic sauce, as we do for lunch at IL MITO with sautéed spinach and roasted rosemary potatoes.