Steamed Skate with Lemongrass, Ginger & Lime

Ingredients

- 1 ½ lb. skate fillets, pan-ready (4 portions of 6 ounces each)
- 1 stalk lemongrass*
- 3 cups orange juice
- 2 tbsp. butter
- 1/2 cup lime juice
- 2 tsp. fresh ginger, thinly sliced
- fresh chives or scallion tops for garnish
- lime slices for garnish

* If fresh lemongrass is unavailable, increase ginger to 1 tbsp. or substitute 1 tsp. lemon zest.

Method

Discard tough leaves and woody base of lemongrass. Thinly slice the tender portion of the lemongrass stem. In the base of a steamer, combine lemongrass, orange juice, lime juice and ginger; bring to a boil. Arrange skate on steamer rack or basket, fit to pan, cover tightly. Reduce heat; steam for 5 minutes or just until skate “flakes” easily when tested with a fork. If rack will not hold all of the skate at one time, steam in two batches.

Using a wide slotted spatula, carefully transfer skate from the steamer rack to heatproof platter or individual serving plates; keep warm. Turn heat to high, cook juices, uncovered, for 10-15 minutes or until sauce is reduced by about one-half (should have consistency of syrup). Strain sauce over fish. Garnish with lime slices and chives or scallion tops. Serves 4.

Source: Chef Scott Melo, Grand Prize winner of the National Fisheries Institute Cook off Competition “New Tastes for a New Reality”

– New York Seafood Council