

Local Fish with Lemon Ghee over Silky Celery Root Purée

Fresh local fish is one of the most nourishing proteins you can put on the table, providing high-quality protein along with heart-healthy omega-3 fats that support brain, eye, and cardiovascular health. Served over a silky celery root purée, this dish offers a delicious alternative to traditional mashed potatoes while adding fiber, vitamin K, potassium, and antioxidants. Finished with a bright lemon ghee, it's a simple, elegant meal that celebrates the nutritional abundance of seasonal ingredients and the beauty of eating close to home.

INGREDIENTS

CELERY ROOT PUREE

2 medium celery roots (celeriac), peeled and diced

2 Yukon Gold potato, diced with skin on

4 cups water

1 tablespoon Better than Bouillon

2 tablespoons ghee

FOR THE FISH

2½–3 lbs. local white fish (striped bass, tuna, black sea bass, fluke, cod, or halibut), cut into individual portions

1 lemon

Kosher salt

2 tablespoons extra virgin olive oil

salt, to season fish

fresh ground pepper, to season fish

LEMON GHEE

3 tablespoons ghee

2 tablespoons fresh lemon juice

2 tablespoons fresh thyme, picked

SERVES

8

TIME

1 HR

SPECIAL EQUIPMENT

Baking sheet with parchment

STORAGE

Store in fridge in an airtight container for 1-2 days

METHOD

1. Place the prepped celery root and potato in a medium pot with water and Better than Bouillon. Bring to a boil and cook until very tender, about 20 minutes. Retain broth.
2. In a food processor, add cooked celery root and potato with 1 cup of cooking liquid and ghee. Blend until smooth, creamy purée. Season with salt and pepper. Keep warm.
3. Rinse the fish under cold running water. Rub both sides gently with lemon juice and a light sprinkle of kosher salt. Rinse again under cold water and pat completely dry with paper towels.
4. Season the fish lightly with salt and pepper. Heat the olive oil in a large skillet over medium-high heat and cook for 3–4 minutes per side, or until the fish flakes easily with a fork and is cooked through.*
5. While the fish cooks, melt the ghee in a small saucepan. Stir in the lemon juice, and thyme.
6. Spoon the celery root purée onto a serving platter or individual plates. Top with the fish and drizzle with the warm lemon ghee.