

Shad Roe with Cream & Bacon

Serves 2:

Ingredients

1 pair of shad roe lobes
2 thick cut bacon slices
2 shallots
flour for dusting
kosher salt and freshly ground black pepper
1/2 cup heavy cream
juice of a lemon
1 tablespoon minced parsley

Preparation

Begin by sautéing 2 strips of thick bacon in a heavy skillet over medium heat. When bacon is cooked and crispy, drain on a plate lined with paper towel to drain. Lower heat to medium low. Thinly slice shallots and sauté in bacon fat that's left in the skillet.

Carefully slice membrane connecting the 2 lobes of shad roe to separate. Dust with flour, season with kosher salt and freshly ground black pepper, and add to skillet. Gently cook for 2 to 3 minutes.

Turn and cook roe on other side for another 2 minutes. Add heavy cream to the pan and simmer for 2 minutes. Squeeze juice of 1/2 lemon over cream sauce and stir. Taste and adjust seasoning, adding more lemon juice, and salt and pepper if needed. Plate the roe, spooning cream sauce with shallots on top. Crumble bacon and sprinkle with freshly minced parsley.

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