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# Poached Grouper with Braised Organic Kale

*Sendik's Fine Foods*

*Internet Address: Access our online cookbook at [www.sendiksfinefoods.com](http://www.sendiksfinefoods.com)*

Servings: 6

Preparation Time: 1 hour

Start to Finish Time: 1 hour 20 minutes

**3 pounds Fresh Grouper**  
**1 cup Savignon Blanc**  
**3 cups water**  
**1 tablespoon pickling spice**  
**2 tablespoons butter**  
**1 1/2 pounds Lacinato Organic Kale, coarsely chopped**  
**1/2 cup onion, diced**  
**1/4 pound Nueskes Bacon, diced**  
**freshly cracked black pepper**  
**1/2 cup apple cider vinegar**  
**1/2 cup sugar**  
**1 cup water**  
**corn starch, to thicken**  
**1 cup toasted pine nuts**  
**1/2 cup chopped parsley**

Saute bacon until crisp, discard most of the drippings. Add onions and saute until soft. Deglaze pan with vinegar, add sugar and 1 cup of water. Bring this mixture to a boil and thicken with cornstarch. Thicken just to the point it will coat a spoon.

In a poaching pan or a pan large enough to poach the grouper, place water, wine and pickling spice. Bring to a boil. Add grouper by first placing the fillets on a screen with handles that can easily be lowered into the water. Cover pan and simmer for 12 to 15 minutes or until fish is cooked.

In a separate pan large enough to braise the kale, add the butter. Add chopped kale and stir. Kale will wilt quickly, when kale is wilted add the bacon mixture. Simmer two minutes.

Serve on warmed plates, first by placing braised kale followed by grouper. Garnish with toasted pine nuts and parsley.

*Serving Ideas: Serve with parsley boiled potatoes*

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**Seafood Entrees**