

Leek Crusted Whitefish

For the leeks

3 cup	Leek Whites (diced and thoroughly washed)	<i>Manganese, Vitamin C, Iron, Folate and B-6</i>
3 ounce	Grape seed Oil	<i>Vitamins A& E, polyunsaturated fats</i>
1 ea.	Bay Leaf	
6 ounce	White Wine	
	Fresh milled black pepper to taste	

Method:

1. In a thick gauge pan simmer the leeks, bay leave in the oil over medium heat until the leeks are translucent
2. Turn the heat to high and add the remaining ingredients. Stir constantly until the wine has evaporated and the mixture is mostly dry. The mixture should be very cooked at this point and the leeks should have started to break down to a “mushy” state, add ¾ cup of water and simmer longer if necessary.
3. Cool for future use

For the Fish

1 to 2 ounces fresh trimmed Whitefish is perfect! *Vitamin B12, B-6, Niacin, Copper, Selenium*

Method:

1. Cut the fish to size
2. Spread leek mixture over top of the fish in a thin layer making sure to evenly coat the entire fillet.
3. Cook in a preheated 350 oven for 8 to 12 minuet

Leeks contain the flavonoid kaempferol, which has been shown to help protect our blood vessel linings from damage. Also present in leeks are impressive concentrations of antioxidant polyphenols. These polyphenols play a direct role in protecting our blood vessels and blood cells from oxidative damage.

White fish promotes cardiovascular health because it is a good source of omega-3 fatty acids. It is also a good source of vitamin B12 and vitamin B6, both of which are needed to keep homocysteine levels low. High homocysteine levels are associated with a greatly increased risk of heart attack and stroke. It is also a very good source of niacin that is often used to lower high cholesterol levels.



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From the recipe file of Chef Frank Turner