

Sautéed Michigan Lake Perch

Seasoned Flour

1 ½ oz.	All purpose flour
1 teaspoon	Fresh Ground Black Pepper
1 teaspoon	White Pepper
1 teaspoon	Paprika
1/4 teaspoon	Dried Thyme

Method:

1. Combine all and reserve

Sweet Corn Relish

2 cups	Fresh Michigan Corn (cut off the ear)	<i>Fiber, Folate</i>
½ cup	Diced Red Bell Pepper	<i>Dietary Fiber, Vitamin A, C, E, B6, and Folate</i>
¼ cup	Diced Fresh Leek Whites	<i>Manganese, Vitamin C, Iron, Folate and B-6</i>
1 ½ Tablespoon	Diced Red Onion	<i>Vitamins B6, C, K, biotin, chromium, fiber, folic acid</i>
1 teaspoon	Fresh Thyme Leaves	

Method:

1. Remove husk and Corn Husk off the ear.
2. Mix all ingredients well

To Serve

Method:

1. Preheat sauté pan
2. Trim Lake Perch and pat dry.
3. Lightly dust perch fillets in seasoned flour and place in preheated sauté pan with just enough Grape seed oil to cover the bottoms of the pan. Sauté perch on meat side first 60 seconds turn and cook skin side 60 seconds and remove to a hot plate.
4. Discard used oil and in the same pan add Sweet Corn relish and sauté quickly with a little more oil for about 60 seconds. Serve warm on top of Perch

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.

Red Peppers are excellent sources of vitamin C and vitamin A. To help prevent atherosclerosis and diabetic heart disease, peppers contain vitamin B6 and folic acid. They also provide fiber that can help lower high cholesterol levels, another risk factor for heart attack and stroke.



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From the recipe file of Chef Frank Turner