

# Grouper Vince

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## Destin Seafood Festival

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*All recipes you see below are from Chef Tim Creehan's cookbook "Simple Cuisine." Chef Tim Creehan cooked the Grouper Vince for Vince Gill and Amy Grant's wedding.*

### **Honey Worcestershire Sauce Ingredients:**

1/2 cup honey  
1/4 cup Worcestershire sauce  
1/4 cup Veal Stock (see recipe below)  
1 tbsp (or more) cornstarch  
1 tbsp (or more) water

### **Grouper Ingredients:**

1/4 cup Original Chefs Grill Plus (available at Publix)  
1/2 cup milk  
1/2 cup white flour  
1 cup J.W. Renfro's pecan flour (available in your local supermarket)  
4 6oz. grouper filets  
1/4 cup canola oil  
1 batch Celery-Garlic Mashed Potatoes (recipe below)  
12 whole chives

### **Steps:**

*For the sauce-* bring the honey, Worcestershire sauce and veal stock to a boil in a sauce pan.  
Blend the cornstarch and water in a small bowl  
Add to the Worcestershire sauce mixture and cook until thickened, stirring constantly  
Keep warm

*For the grouper-* Preheat oven to 400 degrees  
Blend the chef's grill plus and milk in a dish  
Mix the white flour and pecan flour in a shallow dish  
Dip the filets into the milk and wash and coat with the flour mixture  
Heat the oil in a large ovenproof saute pan  
Add the filets and saute until brown on one side  
Turn the fish and place in the oven  
Bake 10 minutes

*To serve-* Spoon the Celery-Garlic Mashed Potatoes onto the serving plates  
Place the grouper on the potatoes and top with sauce  
Garnish with whole or chopped chives.

### **Celery Garlic Mashed Potatoes Ingredients**

5 Idaho baking potatoes  
3 coarsely chopped celery ribs  
1 cup heavy cream  
1 stick butter  
2 tbsp chopped garlic  
salt to taste  
black pepper to taste

### **Steps:**

peel the potatoes and cut into two-inch pieces.

In a medium saucepan, cover potatoes with water and cook until tender

In a separate saucepan, cover celery with water and cook until tender

Drain potatoes and celery

Place celery in a food processor or blender and process until smooth

Combine the potatoes and celery in a mixing bowl and beat until smooth

Add remaining ingredients, and mix well.

**Veal Stock Ingredients:**

2 pounds veal or beef bones

1/4 cup flour

1 cup yellow onion

1 celery rib

1 1/2 large carrots

1/2 garlic bulb

1 sprig fresh parsley

1/2 10oz. Can peeled whole tomatoes

1 gallon red wine

1 cup white wine

4 sprigs fresh thyme

1 bay leaf

1 tsp black peppercorns

**Steps:**

Preheat oven to 350 degrees.

Crack bone to expose marrow and place on a baking sheet

Dust lightly with flour

Roast until bones and meat are brown

Place in a heavy five-gallon stockpot

Cut the onion, celery and carrots into large pieces

Place in stockpot

Add the next eight ingredients and enough water to fill the stockpot within four inches of the top

Bring to a slow rolling boil

Cook 24 hours, skimming sauce frequently

Remove from heat

Strain through a fine sieve or chinois

Let stand until cool

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**About the Chef:**

*"If it tastes good, it must be right." - Chef Tim Creehan*

As the owner of Destin Florida's Cuvee Bistro restaurant and the Great Events Center, Chef Tim Creehan is living the dream. Born in Hartford, Connecticut, and spending most of his childhood and young adult life in Baton Rouge, Louisiana, he discovered his calling at a very young age.

He possesses a zest for life, extraordinary talent, an enormous joy in sharing his love for cooking with others and a commitment to giving back. He is a Certified Executive Chef, author, teacher, inventor, a dynamic entertainer and a steward of his community.

Creehan's impressive career in the culinary arts began at Steak & Ale in Baton Rouge when he was only 14 years old. Two years later, the pursuit of excellence led him to serve as Executive Chef at Joey's. Studying under Executive

Chef Philippe Parola and then working side-by-side with John Folse, he progressed to the position of Executive Chef at Laffitte's Landing in Donaldsonville, Louisiana at the ripe age of 19.

In 1992, The American Culinary Foundation named Chef Creehan as one of the "youngest and most accomplished Certified Executive Chefs in the United States." In 1999, Cooking Light's Grandstand '99 selected Creehan as "one of five chefs in the United States to be honored as a Shining Star Chef."

In early 2004, Creehan was selected as one of five "Celebrated Chefs" to represent the National Pork Council at various events nationwide. In 2005, Creehan partnered with DCS by Fisher & Paykel to act as their chef spokesman. Creehan is also a published author of three cookbooks, "Flavors of the Gulf Coast" (1992), "Simple Cuisine" (2004), and "Exceptional Taste, Tales & Recipes" (2010).

In 2007, Creehan reopened Copper Grill, and soon after, opened Bluz Grill & Bar. Not surprisingly, he has been voted Best Chef on the Emerald Coast six years in a row, paving the way for various upscale catering gigs such as the SeaRay Yacht 50th Anniversary show, and the wedding reception of recording artists Amy Grant and Vince Gill. In May of 2010, Creehan reimagined, renamed,

and reopened another local hotspot as Cuvee Bistro in Destin.

Chef Creehan has instructed middle school students in the All Kinds of Art Culinary program and donated his time, food and talents for many charitable organizations such as Alzheimer's Family Services, Inc., SOS, the American Heart Association and the American Cancer Society, to name a few. Tim's unfaltering energy and passion for the culinary arts along with his natural teaching talents are manifest in his cooking classes, his vanguard dining experiences, and the high esteem his peers hold for him.

Chef Tim Creehan lives in Destin, Florida where he enjoys sailing and exploring the journey of simplifying his life and his career.