

BLUE EYE AND POTATO SALAD

EQUIPMENT

MIXING BOWL, CHEF'S KNIFE

INGREDIENTS

160GM FILLET OF BLUE EYE, 4 CHERRY TOMATOES, 4 SPEARS OF ASPARAGUS,
1 KIPFLER POTATO (PRE COOKED), BASIL LEAVES, LEMON, OLIVE OIL, SALT, 30GM BUTTER

METHOD

SCORE THE SKIN SIDE OF THE FISH AND PLACE ON A SHEET OF BAKING PAPER AND SEASON WITH SALT

PLACE IN OVEN ON STEAM SETTING 8 MINS @ 90 DEGREES

WITH 6 MINS REMANNING ON THE TIMER PLACE THE ASPARAGUS AND POTATO ON THE SAME TRAY AND COOK UNTIL THE TIME HAS ELAPSED

REMOVE FROM THE OVEN

IN A MIXING BOWL ADD CHOPPED TOMATO, BASIL, ASPARAGUS AND CHOP UP THE POTATO AND ADD ALSO, SEASON WITH SALT ADD A SQUEEZE OF LEMON AND OLIVE OIL

HEAT A SMALL FRYPAN ADD A LITTLE OLIVE OIL AND PLACE FISH IN THE PAN SKIN SIDE DOWN

PAN FRY FOR 20-30 SECONDS THEN ADD THE KNOB OF BUTTER AND BASTE THE FISH AND CONTINUE TO FRY FOR A FURTHER MINUTE

REMOVE FROM HEAT, ARRANGE WARM POTATO SALAD IN A BOWL AND TOP WITH THE FISH AND SERVE

HINTS & TIPS

- SCORE THE SKIN OF THE FISH TO ENSURE IT DOES NOT CURL UP DURING COOKING
- REMEMBER ALWAYS START WITH ROOM TEMPERATURE INGREDIENTS, THIS WILL GIVE YOU EVEN AND MORE CONSISTENT COOKING TIMES
- USE WILD BARRAMUNDI OR HAPUKU IF YOU CANNOT FIND BLUE EYE AT THE FISHMONGER