

FLATHEAD WITH SAGE BROWN BUTTER

EQUIPMENT

SMALL SAUCEPAN, PALLET KNIFE, SPOON

INGREDIENTS

2 FLATHEAD FILLETS, 50GM BUTTER, 8 SAGE LEAVES, SALT, ¼ LEMON

METHOD

PLACE BUTTER IN A SMALL SAUCEPAN AND OVER LOW HEAT TO BEGIN TO MELT

LAY A SHEET OF BAKING PAPER OVER A PERFORATED STEAM TRAY AND PLACE FILLETS ON TOP, SEASON WITH SALT AND OLIVE OIL

PLACE FISH IN PRE-HEATED OVEN ON STEAM SETTING 65 DEGREES FOR 8 MINS

1 MINUTE BEFORE THE FISH IS FINISHED INCREASE THE HEAT OVER THE BUTTER UNTIL FOAMING

PLATE FISH UP AND REMOVE BUTTER FROM THE HEAT

ADD THE SAGE LEAVES AND CONTINUE TO COOK WITH RESIDUAL HEAT, FINISH WITH SOME SALT AND LEMON JUICE

SPOON THE SAUCE OVER THE FISH AND SERVE

HINTS & TIPS

- ENSURE YOUR FISH IS AT ROOM TEMPERATURE PRIOR TO COOKING
- THE BROWN BUTTER WILL BECOME DARKER WHEN YOU ADD THE LEMON JUICE SO DON'T COOK IT OUT TOO FAR
- ENSURE YOUR GARNISHES AND ACCOMPANIMENTS ARE READY BEFORE STARTING THIS DISH; IT'S A VERY QUICK COOK TIME