

# WILD BARRAMUNDI, CAVALO NERO AND SALSA VERDE

## EQUIPMENT

CHEF'S KNIFE, FRYPAN, BLADED MIXER, PAPER TOWEL

## INGREDIENTS

1 X 160GM FILLET WILD BARRAMUNDI, 6-8 LEAVES OF CAVALO NERO,  
¾ BUNCH FLAT LEAF PARSLEY, 20 CAPERS, 6 CORNICHONS, 4 ANCHOVY FILLETS,  
10GMS MUSTARD, 10GM RED WINE VINEGAR, SALT, OLIVE OIL, 20GM BUTTER

## METHOD

SCORE THE SKIN OF THE BARRAMUNDI AND PLACE IT IN A SHEET OF BAKING PAPER ON A PERFORATED STEAM TRAY, PLACE IN A PRE-HEATED STEAM OVEN 57 DEGREES FOR 30 MINS.

WHILE THE BARRAMUNDI IS COOKING PREPARE THE CAVALO NERO BY PINCHING THE LEAVES AWAY FROM THE STALK AND PULLING THE STALK AWAY.

PLACE THE LEAVES ON A PERFORATED STEAM TRAY AND SET ASIDE.

FOR THE SALSA VERDE; PLACE CAPERS, CORNICHONS, ANCHOVY AND MUSTARD IN A BLADED MIXER AND BLEND BRIEFLY, NOW ADD VINEGAR PARSLEY LEAVES AND ABOUT 30GM OF OLIVE OIL, BLEND AGAIN IF A LITTLE DRY ADD MORE OIL, IT SHOULD BE A ROUGH CHOPPED PASTE. CHECK SEASONING AND SET ASIDE.

ONCE COOKED REMOVE BARRAMUNDI AND TURN THE STEAMER UP TO 100 DEGREES AND PLACE CAVALO NERO IN FOR 6 MINS

PAT THE FISH DRY WITH PAPER TOWEL

HEAT A MEDIUM SIZE FRYPAN ADD A LITTLE OIL AND PAN FRY THE FISH SKIN SIDE DOWN FOR 2-3 MINS ADDING A SMALL KNOB OF BUTTER AT THE END.

REMOVE CAVALO NERO FROM THE OVEN AND SEASON WITH SALT AND DRESS WITH A LITTLE OIL AND PLACE ON A PLATE, PLACE FISH ON TOP AND DRIZZLE AROUND SOME SALSA VERDE

## HINTS & TIPS

- WHEN WILD BARRAMUNDI IS IN SEASON BUY IT, THE FLAVOUR IS DIFFERENT AND A LITTLE CLEANER THAN FARMED BARRAMUNDI
- SALSA VERDE IS A QUICK SALSA THAT CAN BE MADE OUT OF MOST STANDARD PANTRY ITEMS, TRY IT ON RED MEATS OR EVEN CHICKEN
- COOK CAVALO NERO BRIEFLY TO MAINTAIN ITS HIGH LEVELS OF NUTRIENTS