

STEAMED SNAPPER WITH MUSTARD BRAISED LEEKS

EQUIPMENT

CHEF'S KNIFE, SPOONS, FOIL, BAKING TRAY

INGREDIENTS

1-2 200G SNAPPER FILLETS, 1 LARGE LEEK, 30GM BUTTER,
20GM DIJON MUSTARD, SALT, OLIVE OIL, CHIVES AND DILL

METHOD

REMOVE THE DARK GREEN PART OF THE LEEK THEN CUT IT HALF LENGTHWAYS AND THEN IN HALF AGAIN. CUT THE LEEK INTO A SMALL DICE AND PLACE ON A BAKING TRAY

SEASON THE LEEK WITH SALT, ADD THE DIJON MUSTARD, BUTTER AND A FEW SMALL SPRIGS OF DILL TO THE SAME TRAY. COVER WITH FOIL TIGHTLY AND PLACE IN A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 25 MINS

PLACE THE FISH ON A SHEET OF BAKING PAPER AND SEASON LIGHTLY, PLACE A FEW CHIVES ON TOP ALONG WITH A FEW SMALL DILL SPRIGS, DRIZZLE WITH OLIVE OIL AND PLACE ANOTHER SHEET OF PAPER OVER THE FISH

ONCE THE LEEK IS DONE TURN THE OVEN DOWN TO 70 DEGREES AND PLACE THE FISH IN WITH THE LEEKS FOR 12 MINS

ONCE MINUTE BEFORE THE TIMER GOES OFF REMOVE THE LEEKS AND STIR THROUGH ANY MUSTARD THAT HAS NOT MELTED

SPOON THE LEEK INTO THE MIDDLE OF A PLATE, PLACE THE FISH ON TOP AND GARNISH WITH SOME EXTRA HERBS

HINTS & TIPS

- THIS IS A QUICK AND HEALTHY OPTION FOR A MIDWEEK DINNER WITH NOT MUCH TO CLEAN UP
- DON'T GO OVERBOARD WITH THE USE OF DILL FOR ANY DISH IT HAS A VERY STRONG FLAVOUR AND CAN EASILY OVERPOWER MOST FOODS
- THERE IS NO NEED FOR A SAUCE FOR THIS DISH AS THE TRAPPED JUICES FROM THE LEEK THROUGH STEAMING PROVIDE THE PERFECT READY MADE SAUCE