

WHOLE STEAMED KINGFISH WITH CHERMOULA SPICES AND TABBOULEH

EQUIPMENT

CHEF KNIFE, LARGE AND SMALL MIXING BOWLS, SCALES,
BAKING PAPER, MICRO-PLANE OR FINE GRATER

INGREDIENTS

CHERMOULA SPICE RUB: 15GM GROUND CUMIN, 7GM GROUND CORIANDER, 5GM CHILLI POWDER, 5GM SWEET PAPRIKA, 3GM GROUND CINNAMON, 2GM GROUND ALLSPICE, 2GM GROUND GINGER, 1GM CAYENNE PEPPER, 1GM TURMERIC

1 X WHOLE 1.2KG KINGFISH, 200GM CRACKED WHEAT (BURGAL), LEMON, ½ SPANISH ONION, 3 SPRING ONIONS, 2 LEBANESE CUCUMBERS, 1 PUNNET BABY ROMA TOMATOES, OLIVE OIL, SALT, 2 BUNCHES PARSLEY

METHOD

PLACE ALL THE SPICES IN A SMALL MIXING BOWL, MIX THROUGH WELL AND SET ASIDE

FINELY DICE THE SPANISH ONION AND SLICE THE SPRING ONION AND SET ASIDE. CHOP THE PARSLEY AND SET ASIDE ALSO, ¼ THE TOMATOES.
REMOVE THE SEEDS FROM THE CUCUMBER AND DICE ALSO

PLACE THE CRACKED WHEAT INTO A LARGE MIXING BOWL ADD A GENEROUS PINCH OF SALT AND SPRINKLE OVER A SMALL PINCH OF THE SPICE MIX. GRATE THE ZEST OF ONE LEMON INTO THE CRACKED WHEAT AND POUR OVER COLD WATER UNTIL JUST COVERED, SET ASIDE FOR 30 MINS AT ROOM TEMPERATURE

TO PREPARE THE FISH SEASON THE CAVITY WELL WITH SALT AND PLACE SOME SPRING ONION ENDS ALONG WITH 3-4 SLICES OF LEMON IN THE CAVITY

SCORE BOTH SIDES OF THE FISH 3-4 TIMES ALONG THE LENGTH OF THE FISH AND GENEROUSLY SEASON WITH SALT. RUB A GENEROUS AMOUNT OF THE SPICE MIX OVER BOTH SIDES OF THE FISH

PLACE THE FISH ON A LARGE PERFORATED TRAY LINED WITH BAKING PAPER AND DRIZZLE WITH OLIVE OIL, COVER WITH ANOTHER SHEET OF PAPER AND PLACE IN A PRE-HEATED OVEN STEAM SETTING 80 DEGREES FOR 22 MINS

ONCE ALL THE LIQUID HAS BEEN ABSORBED FROM THE CRACKED WHEAT ADD ONIONS, PARSLEY, TOMATO AND CUCUMBER. ADD A GENEROUS SPLASH OF OLIVE OIL, LEMON JUICE AND SEASON WELL AND MIX ALL THE INGREDIENTS TOGETHER WELL

CHECK THE SEASONING AND PLACE THE TABBOULEH IN A LARGE SERVING BOWL, REMOVE THE FISH FROM THE OVEN AND PLACE ON A SERVING PLATTER WITH LEMON WEDGES AND A DRIZZLE OF OLIVE OIL

HINTS & TIPS

- KEEP THE FLAVOURS YOU ADD TO FRESH FISH CLEAN AND SIMPLE SO YOU CAN HIGHLIGHT THE NATURAL SWEETNESS IN WHOLE STEAMED FISH
- ENSURE YOU SOAK YOUR CRACKED WHEAT FOR AT LEAST 30 MINS ANY LESS WILL RESULT IN HARD GRAINS THAT ARE NOT VERY PALATABLE
- CRACKED WHEAT IS HIGH FIBRE, HIGH PROTEIN AND CONTAINS HIGH LEVELS OF VITAMINS AND MINERALS, IT'S ALSO LOW G.I - SO IT'S VERY GOOD FOR YOU!