

STEAMED YELLOW FIN BREAM AND BROAD BEAN SALAD

EQUIPMENT

CHEF KNIFE, KITCHEN SHEARS, BAKING PAPER, LARGE AND SMALL PERFORATED BAKING TRAY,
SMALL MIXING BOWLS, ICE, SERVING PLATTER, SPATULA

INGREDIENTS

1 X 400GM YELLOW FIN OR BLACK BREAM, 8 BROAD BEANS, ¼ SPANISH ONION, 3-4 SPRIGS OF THYME,
1 BIRDS EYE CHILLI, OLIVE OIL, SALT, CRACKED BLACK PEPPER

METHOD

REMOVE THE BEANS FROM THE OUTER HUSK OF THE BROAD BEAN AND PLACE ON A PERFORATED TRAY AND PLACE IN A PRE-HEATED OVEN STEAM
SETTING 100 DEGREES FOR 4 MINS

WHILE THE BEANS COOK PREPARE THE FISH BY REMOVING THE FINS AND SCORE THE FLANKS OF THE EACH SIDE OF THE FISH

LAY A SHEET OF BAKING PAPER ON A PERFORATED TRAY AND A FEW SPRIGS OF THYME ON TOP, LAY THE FISH ON THE THYME AND ADD A FEW
SPRIGS OF THYME TO THE TOP

CHOP THE CHILLI AND PLACE ½ ON THE FISH AND THE REMAINING HALF IN A SMALL MIXING BOWL

SLICE THE SPANISH ONION FINELY AND ADD TO THE CHILLI

PLACE SOME ICE AND COLD WATER IN ANOTHER MIXING BOWL AND REMOVE THE BEANS FROM THE OVEN, PLACE THE BEANS IN THE ICED WATER

CHANGE THE SETTING OF THE OVEN TO 80 DEGREES STEAM SETTING

SEASON THE FISH WELL WITH SALT, CRACKED BLACK PEPPER AND OLIVE OIL, PLACE ANOTHER SHEET OF BAKING PAPER OVER THE TOP OF THE FISH
AND PLACE IN THE OVEN STEAM SETTING 80 DEGREES FOR 20 MINS

ONE BY ONE REMOVE THE BEANS FROM THE WATER AND PEEL AWAY THE OUTER LAYER REVEALING THE BRIGHT GREEN INNER BEAN AND ADD TO
THE ONION AND CHILLI MIX

SEASON THE BEAN SALAD WITH SALT, PEPPER AND OLIVE OIL AND SET ASIDE

ONCE THE FISH IS COOKED REMOVE AND PLACE IT ON A LARGE SERVING PLATTER

TOP THE FISH WITH THE BEAN SALAD, AN EXTRA DRIZZLE OF OLIVE OIL AND FINISH WITH SOME RADISH OR PARSLEY LEAVES AND SERVE

HINTS & TIPS

- BROAD BEANS ARE ONLY IN SEASON FOR 3 MONTHS OF THE YEAR AND COMPLEMENT MANY PROTEINS, THE SEASON IN VICTORIA AUSTRALIA
ONLY REALLY LASTS FROM MID SEPTEMBER TO MID NOVEMBER, USE THEM WHILE YOU CAN
- BREAM ARE A COMMON ESTUARY FISH IN AUSTRALIA, COUSINS OF SNAPPER THEY HAVE A MILD FLAVOUR NOT AS SWEET AS SNAPPER BUT
BREAM CAN STAND UP TO SOME PUNCHY FLAVOURS
- KEEP IT SIMPLE WHEN DOING FISH RECIPES, WHOLE STEAMED FISH AND A LITTLE SALAD LIKE THIS RECIPE WILL HAVE YOUR TASTEBUDS
DANCING. DON'T MASK THE FLAVOUR OF FRESH FISH WITH OVER THE TOP FLAVOURS