

## CRUMBED GARFISH WITH BAGNA CAUDA

### EQUIPMENT

MIXING BOWLS, WHISK, CHEF KNIFE, BAKING PAPER, BAKING TRAY, SPOONS, ZIP LOCK BAG

### INGREDIENTS

2 LARGE FILLETS OF GARFISH, 2 WHOLE EGGS, 50GM PLAIN FLOUR, 100-150GM PANKO BREAD CRUMBS,  
2 CLOVES OF GARLIC, 3 ANCHOVY FILLETS, 100GM THICKENED CREAM, 1 LEMON, SALT

### METHOD

IN A ZIP LOCK BAG PLACE THE FLOUR AND SALT AND PEPPER AND SET ASIDE

CRACK THE EGGS INTO A SMALL BOWL AND WHISK WELL, POUR THE PANKO CRUMBS INTO A SHALLOW TRAY AND SET ASIDE

PLACE ONE FILLET OF GARFISH INTO THE BAG OF FLOUR, SEAL AND SHAKE WELL TO COAT THE FILLET EVENLY IN THE FLOUR

NOW DIP THE FILLET INTO THE EGG MIX AND LET THE EXCESS EGG DRAIN OFF

NOW PLACE THE FILLET INTO THE CRUMBS AND LIGHTLY PRESS THE CRUMBS IN, GENTLY SHAKE AND RETURN BACK TO THE EGG MIX AND THEN  
BACK TO THE CRUMBS TO DOUBLE COAT THE FILLET

REPEAT WITH THE OTHER FILLET AND PLACE ON A BAKING TRAY LINED WITH BAKING PAPER AND SET ASIDE

FOR THE BAGNA CAUDA CRUSH AND FINELY CHOP THE GARLIC, FINELY CHOP THE ANCHOVY FILLETS AND PLACE A SMALL POT OVER MEDIUM HEAT

ONCE THE POT IS HOT ADD A LITTLE OIL FROM THE ANCHOVY FILLET JAR THEN ADD THE GARLIC AND ANCHOVY AND SAUTÉ FOR 1-2 MINS UNTIL  
FRAGRANT

POUR IN THE CREAM AND BRING TO THE BOIL AND REDUCE FOR A FURTHER 1-2 MINS

PLACE THE GARFISH FILLETS IN A PRE-HEATED OVEN COMBI SETTING 220 DEGREES FOR 8-9 MINS

ONCE REDUCED POUR THE SAUCE IN TO A RAMEKIN OR SERVING BOWL AND SET ASIDE, REMOVE THE FISH FROM THE OVEN AND PLACE ON A  
SERVING PLATE ALONG SIDE THE SAUCE AND SOME LEMON CHEEKS AND SERVE

### HINTS & TIPS

- WITH THE AID OF YOUR COMBI/STEAM OVEN YOU NO LONGER NEED TO RELY ON DEEP OR SHALLOW FRYING IN OIL TO ACHIEVE CRISPY CRUMBED FOOD
- IF GARFISH ARE UN-AVAILABLE YOU CAN ACHIEVE THE SAME RESULTS WITH WHITING OR FLATHEAD TAILS
- BAGNA CAUDA IS TRADITIONALLY SERVED WARM WITH AS A DIP WITH RAW SEASONAL VEGETABLES BUT IT ALSO GOES EXCEPTIONALLY WELL WITH FISH AND ALSO POTATOES, JUST REMEMBER TO SERVE IT WARM