

HARISSA SPICED JOHN DORY, BROCCOLI STALK, CRISP PROSCIUTTO AND ALMONDS

EQUIPMENT

CHEF KNIFE, SMALL MIXING BOWL, PAPER TOWEL, FRY PAN, TONGS, LARGE AND SMALL SPOON

INGREDIENTS

1 X FILLET JOHN DORY, 50GM HARISSA PASTE, 1 BROCCOLI STALK,
2-3 SLICES PARMA PROSCIUTTO, 10GM SHAVED ALMONDS, OLIVE OIL, SALT, 2-3 SPRIGS THYME

METHOD

CHOP THE THYME AND ADD TO A SMALL MIXING BOWL WITH THE HARISSA PASTE AND A SPLASH OF OLIVE OIL, MIX AND SET ASIDE

HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM HIGH HEAT AND ADD THE PROSCIUTTO, COOK ON BOTH SIDES UNTIL GOLDEN AND CRISP, PLACE ON PAPER TOWEL TO DRAIN

IN THE SAME PAN ADD A SMALL SPLASH OF OLIVE OIL AND ADD THE ALMONDS, TOAST BRIEFLY UNTIL DEEP GOLDEN COLOUR AND DRAIN WITH THE PROSCIUTTO

SKIN THE DORY FILLET AND SECTION THE FILLET INTO 3 PIECES FOLLOWING THE NATURAL SECTIONS OF THE FILLET. ADD THE FISH TO THE HARISSA MIX AND STIR THROUGH WELL, SEASON WITH SALT AND SET ASIDE

CUT AWAY THE OUTER PART OF THE BROCCOLI STALK EXPOSING THE PALE INTERIOR, SLICE THE STALK INTO THIN STRIPS AND PLACE ON A PERFORATED TRAY AND SEASON

PLACE THE BROCCOLI IN A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 4 MINS

LAY THE FISH FILLETS ON A SHEET OF BAKING PAPER AND PLACE ANOTHER SHEET ON TOP, REMOVE THE BROCCOLI FROM THE OVEN AND PLACE THE FISH ON THE SAME TRAY AND RETURN TO THE OVEN 70 DEGREES FOR 14 MINS

ADD A FEW SMALL SPRIGS OF THYME TO ANOTHER MIXING BOWL AND CRUSH THE PROSCIUTTO INTO THE BOWL, ADD THE ALMONDS MIX AND SET ASIDE

ONCE COOKED REMOVE THE FISH AND BROCCOLI, PLACE THE FISH FILLETS ON A PLATE, TOP THE FISH WITH THE BROCCOLI STALK AND SPRINKLE OVER THE PROSCIUTTO AND ALMOND MIX AND SERVE

HINTS & TIPS

- DON'T THROW AWAY THE STALKS FROM YOUR BROCCOLI THE ARE EXCELLENT STEAMED AND TOSSED THROUGH SALADS OR USED IN SOUPS OR STIR FRY
- JOHN DORY IS A PRIZED TABLE FISH BUT CAN BECOME TOUGH IF STEAMED AT A HIGH TEMPERATURE
- OF COURSE YOU CAN MAKE YOUR OWN HARISSA BUT IF YOU HAVE A QUALITY SPICE MERCHANT IN YOUR LOCAL AREA THIS MIGHT SAVE YOU A LITTLE TIME