

# STEAMED OCEAN TROUT WITH EVOO CRUSHED POTATOES

## EQUIPMENT

PERFORATED TRAY, MIXING BOWL, FORK, CHEF KNIFE, BAKING PAPER

## INGREDIENTS

160GM FILLET OCEAN TROUT, 3 SPRIGS CHOPPED PARSLEY, 3 KIPFLER POTATOES,  
EXTRA VIRGIN OLIVE OIL, SEA SALT

## METHOD

WASH AND PLACE THE KIPFLER POTATOES ON THE PERFORATED TRAY AND PLACE IN THE OVEN STEAM SETTING 100 DEGREES FOR 40 MINS

ONCE COOKED REMOVE AND SET ASIDE

LINE THE PERFORATED TRAY WITH A SHEET OF BAKING PAPER SEASON BOTH SIDES OF THE FISH FILLET AND RUB IN A LITTLE EVOO

PLACE ANOTHER SHEET OF PAPER OVER THE FISH AND PLACE INTO THE OVEN STEAM SETTING 52 DEGREES FOR 20 MINS

WHILE THE FISH STEAMS USING A SHARP KNIFE PEEL AWAY THE SKIN FROM THE KIPFLERS AND PLACE THEM INTO A SMALL MIXING BOWL

SLIGHTLY CRUSH THE KIPFLERS WITH A FORK AND ADD A VERY GENEROUS PINCH OF SALT AND EXTRA VIRGIN OLIVE OIL, CONTINUE TO CRUSH THE POTATOES AND ADD MORE OIL IF REQUIRED, TASTE AND ADJUST THE SEASONING AND ADD THE CHOPPED PARSLEY

DO NOT MASH THE POTATOES YOU WANT THEM JUST CRUSHED

COVER THE POTATOES AND KEEP WARM

ONCE COOKED REMOVE THE FISH FROM THE OVEN AND PEEL AWAY THE SKIN, PLACE A MOUND OF THE POTATOES ON A PLATE AND LAY OVER THE FISH, FINISH WITH FRESH SPRIGS OF HERBS AND A DRIZZLE OF EVOO

## HINTS & TIPS

- WHEN MAKING THE POTATOES FOR THIS DISH REMEMBER TO JUST CRUSH THEM DON'T MASH THEM, KIPFLER POTATOES ARE VERY "WAXY" AND MASHING THEM WILL STRETCH THE STARCH AND MAKE THE END RESULT "GLUEY"
- WHEN CHECKING THE SEASONING OF THE CRUSHED POTATOES MAKE SURE YOU CAN TASTE THE SALT ALONG WITH THE EVOO, THIS WILL ENSURE YOUR BORING POTATOES ARE ELEVATED TO A NEW LEVEL