

STEAMED RED SNAPPER, EDAMAME, SHITAKE AND QUICK PICKLED CUCUMBER

EQUIPMENT

MIXING BOWLS, CHEF KNIFE, VEGETABLE PEELER, BAKING PAPER,
PERFORATED TRAY, KITCHEN SHEARS

INGREDIENTS

1 WHOLE RED SNAPPER (1KG), 100GM EDAMAME BEANS, 4 FRESH SHITAKE MUSHROOMS, 1 CLOVE GARLIC,
1 CONTINENTAL CUCUMBER, ½ LONG RED CHILLI, 30GM SOY SAUCE, 20GM RICE WINE VINEGAR,
EXTRA VIRGIN OLIVE OIL, SALT

METHOD

REMOVE THE FINS FROM THE SNAPPER AND SCORE BOTH SIDES OF THE FISH, PLACE THE FISH ON A LARGE SHEET OF BAKING PAPER AND ON TO A PERFORATED BAKING TRAY AND SET ASIDE

REMOVE THE STALK FROM THE SHITAKE MUSHROOMS AND SLICE AND PLACE INTO A BOWL WITH THE EDAMAME BEANS, PEEL AND CHOP THE GARLIC AND ADD TO THE BEAN AND MUSHROOMS

POUR OVER THE SOY SAUCE AND ABOUT 30GM OF EVOO INTO THE MUSHROOM MIX, SEASON LIGHTLY WITH SALT AND MIX WELL

SPOON THE BEAN AND MUSHROOM MIX OVER THE FISH AND FOLD THE BAKING PAPER OVER TO COVER THE FISH

PLACE THE FISH INTO A PRE-HEATED OVEN STEAM SETTING 80 DEGREES FOR 35MINS

WHILE THE FISH COOKS PEEL THE CUCUMBER INTO LONG STRANDS AND PLACE INTO A SMALL MIXING BOWL, SEASON WITH SALT AND RICE VINEGAR, ADD A SPLASH OF EVOO AND SET ASIDE

CHOP THE CHILLI AND SET ASIDE ALSO

ONCE THE FISH HAS COOKED PLACE IT ONTO A LARGE SERVING PLATE AND SCATTER OVER THE CUCUMBER AND CHILLI AND SERVE

HINTS & TIPS

- USE SIMPLE FLAVOUR COMBINATIONS WHEN STEAMING FISH TO MAINTAIN THE NATURAL FLAVOURS OF THE FISH
- EDAMAME BEANS ARE READILY AVAILABLE AT MOST SUPERMARKETS OR ASIAN GROCERS, IF YOU CAN GET FRESH YOU WILL FIND THEM IN THE FREEZER SECTION
- 80 DEGREES IS ABOUT THE HIGHEST TEMPERATURE YOU SHOULD USE WHEN STEAMING FISH, ANY HIGHER AND THE DELICATE FLESH OF MOST FISH WILL BECOME TOUGH AND DRY