

STEAMED WHITING, CARROT SALAD, HOT CURRY MAYONNAISE

EQUIPMENT

CHEF'S KNIFE, BAKING PAPER, PERFORATED STEAM TRAY,
VEGETABLE PEELER, MIXING BOWLS

INGREDIENTS

2 FILLETS (SKINNED AND BONED) KING GEORGE WHITING, 4-5 BABY OR DUTCH HEIRLOOM CARROTS,
¼ BUNCH WATERCRESS, 30GM KEWPIE MAYONNAISE, 3GM HOT CURRY POWDER, SALT,
EXTRA VIRGIN OLIVE OIL, MICRO CHIVES, 1 LEMON

METHOD

USING A VEGETABLE PEELER PEEL THE CARROTS INTO RIBBONS AND PLACE ON A PERFORATED BAKING TRAY AND INTO A PRE-HEATED OVEN
STEAM SETTING 100°C FOR 3 MINUTES UNTIL JUST TENDER

IN A MIXING BOWL MIX KEWPIE MAYONNAISE AND HOT CURRY POWDER AND SET ASIDE

ONCE THE CARROTS HAVE COOKED REMOVE FROM THE OVEN AND SET ASIDE TO COOL SLIGHTLY. CUT THE WHITING FILLETS IN HALF SO YOU HAVE
4 RECTANGULAR PIECES AND PLACE THE FILLETS ON A PIECE OF BAKING PAPER. SEASON THE FILLETS WITH SALT AND A DRIZZLE OF EVOO AND LAY
ANOTHER SHEET OF BAKING PAPER OVER THE TOP

PLACE THE FILLETS ONTO A PERFORATED TRAY AND INTO THE OVEN STEAM SETTING 70°C FOR 9 MINUTES

PLACE THE WATERCRESS INTO A SMALL MIXING BOWL AND ADD THE SHAVED CARROTS, MICRO CHIVES, SALT AND A SPLASH OF EVOO, TOSS WELL
AND SET ASIDE

SPOON OUT SOME MAYONNAISE ONTO A PLATE AND ONCE COOKED REMOVE THE WHITING FILLETS FROM THE OVEN. PLACE THE FILLETS ONTO
THE MAYONNAISE AND TOP THE FILLETS WITH THE CARROT SALAD AND SERVE WITH SOME LEMON WEDGES

HINTS & TIPS

- KING GEORGE WHITING IS A PREMIUM TABLE FISH COOKING AT THIS LOW TEMPERATURE ENSURES THE FISH STAYS MOIST AND JUICY
- THE SWEETNESS OF THE CARROTS AND THE HOT CURRY POWDER MAYONNAISE WORK VERY WELL WITH THE FLAVOUR OF FRESH FISH, TRY THIS
COMBINATION WITH ANY WHITE-FLESHED FISH
- IF YOU HAVE TROUBLE REMOVING THE SKIN FROM THE FISH YOU CAN STEAM IT WITH THE SKIN ON AND IT SHOULD BE EASY TO REMOVE ONCE
STEAMED