

POACHED ROCKLING WITH BABY CORN

EQUIPMENT

ZIP LOCK BAG, PERFORATED BAKING TRAY, CHEF KNIFE,
SMALL MIXING BOWLS, MORTAR AND PESTLE

INGREDIENTS

1 X 200GM ROCKLING FILLET (SKIN OFF), 6-8 BABY CORN, ½ STALK OF LEMONGRASS,
1-2CM PIECE PEELED GINGER, 3-4 SPRIGS CORIANDER, 5GM BLACK VINEGAR, 5GM SOY SAUCE,
10GM SWEET SOY SAUCE, FLAKE SALT, EXTRA VIRGIN OLIVE OIL

METHOD

CRUSH THE LEMONGRASS WITH THE BLADE OF A CHEF'S KNIFE AND REMOVE THE OUTER LAYER, FINELY SLICE A 4-5CM PIECE FROM THE ROOT END AND SET ASIDE. FINELY SLICE THE GINGER AND PLACE THE GINGER AND LEMONGRASS INTO THE BOWL OF A MORTAR AND PESTLE.

POUND THE GINGER AND LEMONGRASS TO A FINE PASTE AND TRANSFER FROM THE MORTAR AND PESTLE TO A SMALL MIXING BOWL.

ADD BLACK VINEGAR, SOY AND SWEET SOY TO THE LEMONGRASS AND GINGER AND MIX BRIEFLY.

PLACE THE ROCKLING IN A ZIP LOCK BAG AND POUR IN THE SOY MARINATE. SEAL THE BAG AND PLACE THE BAG ONTO A PERFORATED TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 65°C FOR 35 MINUTES.

SLICE THE CORN IN HALF AND SET ASIDE WITH PICKED CORIANDER SPRIGS.

ONCE THE FISH IS COOKED ADJUST THE TEMPERATURE OF THE OVEN TO 100°C STEAM SETTING. REMOVE THE FISH FROM THE TRAY AND PLACE THE CORN ON THE TRAY AND INTO THE OVEN FOR 7 MINUTES.

ONCE THE CORN IS COOKED REMOVE IT FROM THE OVEN AND MIX IT WITH THE PICKED CORIANDER, SALT AND EVOO.

PLACE THE CORN ON A SERVING DISH AND OPEN THE BAG AND POUR OFF SOME OF THE POACHING LIQUID. PLACE THE FISH ON TOP OF THE CORN AND POUR OVER A LITTLE OF THE POACHING LIQUID. FINISH WITH A DRIZZLE OF EVOO AND SERVE.

HINTS & TIPS

- ROCKLING CAN BECOME VERY TOUGH AND RUBBERY IF COOKED AT TO HIGHER TEMPERATURE. LOW TEMPERATURE STEAMING IS A PERFECT COOKING METHOD FOR THIS FISH.
- KEEP BABY CORN CRISP OVERCOOKED BABY CORN LOOSES ALL IT'S FLAVOUR AND BECOMES VERY DULL AND TASTELESS.