

STEAMED CORAL TROUT, SNOW PEA AND CASHEW SALAD

EQUIPMENT

MIXING BOWL'S, CHEFS KNIFE, MICRO PLANE, KITCHEN SHEARS, SPOONS,
PERFORATED BAKING TRAY, BAKING PAPER

INGREDIENTS

1 X 300-400GM CORAL TROUT, ¼ SPANISH ONION, ¼ CUCUMBER,
10 SNOW PEAS, 15 CASHEW NUTS, 1GM DRIED CHILLI, 1 LEMON,
20GM EXTRA VIRGIN OLIVE OIL, 10GM SOY SAUCE, SALT

METHOD

PLACE DRIED CHILLI IN A SMALL MIXING BOWL AND GRATE OVER THE ZEST OF 1 LEMON. ADD A GENEROUS PINCH OF SALT AND MIX WELL.

USING KITCHEN SHEARS REMOVE THE FINS FROM THE FISH AND SCORE THE FLANKS OF THE FISH ON BOTH SIDES. PLACE A SHEET OF BAKING PAPER ON A PERFORATED BAKING TRAY AND SPRINKLE OVER THE CHILLI LEMON AND SALT MIX. PLACE THE FISH ON TOP OF THE PAPER AND SPRINKLE OVER THE REMAINING SEASONING. DRIZZLE THE FISH WITH EVOO AND PLACE ANOTHER SHEET OF BAKING PAPER ON TOP.

PLACE THE FISH INTO A PRE-HEATED OVEN STEAM SETTING 80 °C FOR 30 MINUTES.

FOR THE SALAD FINELY JULIENNE THE SNOW PEAS AND CUCUMBER, SLICE THE ONION INTO RINGS AND ADD TO THE OTHER SALAD INGREDIENTS IN A LARGE MIXING BOWL. CRUSH THE CASHEW NUTS LEAVING THEM IN LARGE PIECES AND ADD TO THE SALAD.

FOR THE DRESSING ADD LEMON JUICE, SOY AND EVOO TO A BOWL, MIX AND SET ASIDE

2 MINUTES BEFORE THE FISH IS DONE DRESS AND TOSS THE SALAD. PLACE THE SALAD ONTO A LARGE SERVING PLATTER AND ONCE THE FISH IS COOKED REMOVE AND PLACE IT ON TOP OF THE SALAD. FINISH BY SPOONING A LITTLE DRESSING OVER THE SALAD AND SERVE.

HINTS & TIPS

- WHEN BUYING CORAL TROUT TRY TO FIND SMALL FISH, LARGE CORAL TROUT (DEPENDING ON WHERE THEY ARE CAUGHT) CAN BE SUSCEPTIBLE TO CIGUATERA POISONING.
- CORAL TROUT IS PRIZED AS A TABLE FISH THE SWEET FLAKY FLESH IS ONE OF THE BEST TASTING FISH IN THE SEA.
- COOKING CORAL TROUT AT HIGH TEMPERATURES WILL YIELD POOR RESULTS. THE FLESH COOKED AT HIGH TEMPERATURE WILL BECOME FIRM AND RUBBER LIKE IN TEXTURE.