

FLATHEAD, JERUSALEM ARTICHOKE AND PANCETTA

EQUIPMENT

CHEFS KNIFE, PARING KNIFE, KITCHEN SHEARS, BAKING PAPER, PERFORATED TRAY, TONGS, SPOONS, MEDIUM SIZE FRYPAN

INGREDIENTS

1 X 250-300GM CLEANED FLATHEAD, 5 JERUSALEM ARTICHOKE, 5 SLICES PANCETTA,
3 SPRIGS THYME, SALT FLAKES, CRACKED BLACK PEPPER,
20GM BUTTER, EXTRA VIRGIN OLIVE OIL

METHOD

PLACE THE ARTICHOKE ON TO A PERFORATED TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 45 MINUTES.

WHILE THE ARTICHOKE COOKS REMOVE THE HEAD FROM THE FISH AND RESERVE IT FOR STOCK. REMOVE ANY REMAINING FINS AND SPIKES WITH KITCHEN SHEARS. CUT THE TAIL INTO TWO PARTS AND SET ASIDE.

ONCE THE ARTICHOKE ARE COOKED REMOVE AND SET ASIDE TO COOL SLIGHTLY. PLACE THE FLATHEAD ON TO A SHEET OF BAKING PAPER AND SEASON BOTH SIDES WITH SALT, PEPPER, EVOO AND PICKED THYME. PLACE ANOTHER SHEET OF BAKING PAPER ON TOP AND PLACE INTO THE OVEN STEAM SETTING 80°C FOR 10 MINUTES.

SLICE THE ARTICHOKE INTO 1CM DISCS AND SET ASIDE.

PLACE THE FRYPAN OVER MEDIUM HEAT AND PAN FRY THE PANCETTA SLICES UNTIL CRISP ON BOTH SIDES AND SET ASIDE. IN THE SAME PAN, FRY THE ARTICHOKE PIECES IN THE PANCETTA FAT UNTIL GOLDEN AND SET ASIDE ALSO.

REMOVE THE FLATHEAD FROM THE OVEN AND PAN FRY IN THE SAME PAN SKIN SIDE DOWN FOR 2-3 MINUTES. ADD THE BUTTER AND RETURN THE PANCETTA AND ARTICHOKE TO THE PAN TO WARM.

REMOVE THE PAN FROM THE HEAT AND PLACE THE ARTICHOKE IN THE BOTTOM OF THE BOWL WITH THE PANCETTA. CAREFULLY PLACE THE FISH ON TOP OF THE ARTICHOKE AND PANCETTA PIECES AND SPOON OVER A LITTLE BUTTER FROM THE PAN. GARNISH WITH FRESH HERBS AND SERVE.

HINTS & TIPS

- FLATHEAD IS AVAILABLE ALL YEAR AND HAD A DELICIOUS SWEET FLAVOUR, TRY COOKING IT ON THE BONE TO ENHANCE THE FLAVOUR.
- JERUSALEM ARTICHOKE ARE ACTUALLY NOT ARTICHOKE THEY ARE A MEMBER OF THE TUBER FAMILY LIKE SUNFLOWERS. THEY HAVE A SWEET FLAVOUR DUE TO THE HIGH LEVELS OF FRUCTOSE CONTAINED IN THEM. THEY ARE VERY GOOD FOR TYPE 2 DIABETICS.