

STEAMED MARLIN, FLATBEANS, CANDIED PANCETTA AND DANISH FETTA

EQUIPMENT

CHEFS KNIFE, BAKING TRAY, MIXING BOWL, PERFORATED BAKING TRAY, TONGS, BAKING PAPER,

INGREDIENTS

150GM MARLIN FILLET, 4 SLICES FLAT PANCETTA, 10GM CASTER SUGAR, 10 FLAT BEANS, 10GM DANISH FETTA,
SALT FLAKES, ROASTED ONION INFUSED EXTRA VIRGIN OLIVE OIL

METHOD

PLACE THE PANCETTA ON TO A SHEET OF BAKING PAPER AND SPRINKLE EACH PIECE WITH CASTER SUGAR. PLACE ANOTHER SHEET OF BAKING PAPER ON TOP AND PLACE THE PANCETTA ON A BAKING TRAY AND INTO A PRE-HEATED OVEN 210°C FOR 8-10 MINUTES UNTIL CRISPY.

CUT AWAY ANY STALK FROM THE FLAT BEANS AND PLACE THEM ON A PERFORATED BAKING TRAY AND SET ASIDE.

DRIZZLE A LITTLE ROASTED ONION EVOO ON THE MARLIN AND PLACE THE FILLET IN-BETWEEN TWO SHEETS OF BAKING PAPER AND SET ASIDE.

ONCE THE PANCETTA HAS COOKED REMOVE FROM THE OVEN AND SET ASIDE. RE-SET THE OVEN TO STEAM SETTING 100°C AND ONCE AT TEMPERATURE PLACE THE BEANS IN THE OVEN FOR 6 MINUTES.

ONCE COOKED REMOVE THE BEANS FROM THE OVEN AND SEASON THE MARLIN FILLET WITH SALT. RE-SET THE OVEN TEMPERATURE 70°C STEAM SETTING. PLACE THE MARLIN ON THE SAME TRAY AS THE BEANS AND PLACE THE TRAY IN THE OVEN FOR A FURTHER 8 MINUTES.

ONCE COOKED REMOVE THE TRAY FROM THE OVEN AND PLACE THE BEANS IN A MIXING BOWL. CRUSH THE CANDIED PANCETTA OVER THE BEANS AND SEASON THE BEANS WITH SALT AND DRESS WITH ROASTED ONION EVOO AND TOSS WELL.

PLACE THE BEANS ON A SERVING PLATE AND THEN THE FISH ON TOP OF THE BEANS, CRUMBLE FETTA OVER THE FISH AND DRIZZLE WITH A LITTLE EXTRA ROASTED ONION EVOO AND SERVE.

HINTS & TIPS

- THERE IS A LOT OF MEDIA ABOUT THE MERCURY LEVELS OF FISH LIKE MARLIN. MUCH LIKE ANYTHING ELSE IN YOUR DIET IT'S ALL ABOUT BALANCE. WE SUGGEST THAT IF YOU EAT MARLIN, ONCE A FORTNIGHT IS THE LIMIT YOU SHOULD KEEP YOUR CONSUMPTION TO.
- FLAT BEANS CAN BE FOUND AT THEIR BEST IN WINTER, COOK THEM IN THE SAME WAY AS YOU WOULD NORMAL ROUND OR FRENCH BEANS.