

STEAMED SNAPPER WITH GINGER & SPRING ONION

EQUIPMENT

CHEF'S KNIFE, LARGE PERFORATED BAKING TRAY, BAKING PAPER, SMALL SAUCEPAN

INGREDIENTS

1 X 1KG BABY SNAPPER, 3CM PIECE OF PEELED GINGER, 3-4 SPRING ONIONS, MACADAMIA NUT OIL, SESAME OIL, SOY SAUCE, LIME

METHOD

FINELY SLICE THE GINGER AND CUT THE SLICES INTO THIN MATCHSTICKS AND SET ASIDE.

SCORE BOTH SIDES OF THE FISH AND PLACE SOME OF THE GINGER INTO THE CAVITY OF THE FISH.

PLACE A SHEET OF BAKING PAPER ON A LARGE PERFORATED TRAY AND SPRINKLE OVER SOME GINGER ONTO THE BAKING PAPER. PLACE THE FISH ON TOP OF THE GINGER AND PLACE THE REMAINING GINGER OVER THE FISH.

FINELY SLICE 2 SPRING ONIONS AND PLACE SOME CUT ONION IN THE CAVITY OF THE FISH, SCATTER THE REMAINING OVER THE TOP OF THE FISH.

DRIZZLE THE FISH WITH LIBERAL SPLASHES OF SOY SAUCE AND PLACE ANOTHER SHEET OF BAKING PAPER OVER THE FISH.

PLACE THE FISH INTO A PRE-HEATED OVEN STEAM SETTING 80 °C FOR 20-25 MINUTES.

POUR APPROX 20GM OF MACADAMIA NUT OIL INTO A SMALL SAUCEPAN AND ADD 8-10 DROPS OF SESAME OIL AND SET ASIDE. FINELY SLICE THE REMAINING SPRING ONION FOR GARNISH AND SET ASIDE.

ONE MINUTE BEFORE THE FISH HAS COOKED PLACE THE POT OF OIL ON THE STOVETOP OVER A HIGH HEAT UNTIL SMOKING.

REMOVE THE FISH FROM THE OVEN ONCE COOKED AND PLACE ON A SERVING PLATE, POUR THE SMOKING OIL OVER THE FISH SLOWLY, GARNISH WITH SLICED SPRING ONION AND LIME CHEEKS AND SERVE

HINTS & TIPS

- THIS IS A SIMPLE QUICK MIDWEEK WAY TO ENJOY FISH, WE USE SOY SAUCE HERE AS OUR SEASONING BUT PLEASE NOTE, DIFFERENT SOY SAUCES HAVE DIFFERENT LEVELS OF SALTINESS SO YOU MAY NEED TO ADD A LITTLE SALT IF YOUR SOY IS NOT OVERLY SALTY.
- WHEN EATING YOUR WHOLE FISH DON'T JUST GO STRAIGHT FOR THE FILLETS, THE BEST AND JUICIEST PART OF THE FISH IS THE CHEEKS, STEAL THE CHEEK BEFORE ANYONE ELSE GETS TO IT FIRST.