

# STEAMED BLUE EYE COD WITH PEPERONATA, PANCETTA & SPRING ONION OIL

## EQUIPMENT

CHEF'S KNIFE, HEAT PROOF SERVING PLATTER, SPOONS, SMALL JUG, FINE MESH SIEVE,  
PAPER TOWEL OR CHEESE CLOTH, BLENDER, FRYPAN

## INGREDIENTS

1 X 700-900GM FILLET OF BLUE EYE COD, 4-5 SPRING ONIONS, 50GM PIECE PANCETTA,  
300-400GM PEPERONATA, SALT FLAKES, VEGETABLE OIL, EXTRA VIRGIN OLIVE OIL

## METHOD

PLACE A FRYPAN OVER MEDIUM HEAT. REMOVE THE SKIN FROM THE PANCETTA AND SLICE IT INTO SMALL PIECES. ADD THE PANCETTA TO THE PAN AND COOK UNTIL GOLDEN AND CRISP.

REMOVE THE SKIN FROM THE FILLET OF COD AND CUT OUT THE BLOODLINE. CUT THE FISH INTO 6-8 LARGE CHUNKS AND SET ASIDE.

LIGHTLY DRIZZLE EXTRA VIRGIN OLIVE OIL INTO THE BASE OF A HEATPROOF SERVING PLATTER AND PLACE THE FISH IN THE BASE OF THE PLATTER. SEASON THE FISH WITH SALT AND SCATTER THE COOKED PANCETTA OVER THE FISH.

NEXT COVER THE FISH WITH SPOONFULS OF PEPERONATA AND PLACE THE DISH IN A PRE-HEATED OVEN STEAM SETTING 70°C FOR 15 MINUTES.

WHILE THE FISH COOKS CLEAN AND FINELY DICE A SPRING ONION AND SET ASIDE TO USE AS GARNISH LATER.

ROUGHLY CUT THE REMAINING SPRING ONIONS AND PLACE THEM IN A BLENDER WITH A PINCH OF SALT AND APPROX 40-50GM OF VEGETABLE OIL. BLEND ON HIGH SPEED UNTIL THE ONION HAS BROKEN DOWN.

POUR THE ONION OIL THROUGH A MESH SIEVE LINED WITH PAPER TOWEL OR CHEESECLOTH AND SET ASIDE TO DRAIN.

ONCE COOKED REMOVE THE FISH FROM THE OVEN AND DRIZZLE OVER THE ONION OIL AND SCATTER THE DISH WITH THE RESERVED SPRING ONIONS AND SERVE.

## HINTS & TIPS

- HAVING A BASE SAUCE LIKE PEPERONATA IN YOUR FRIDGE MAKES COOKING EASIER, THE USE OF IT HERE WITH FISH IS A PERFECT FOIL FOR THE FISH AND MAKES FOR A QUICK EASY DINNER.
- TRY MAKING YOUR OWN HERB OILS BY USING THE METHOD SHOWN IN THE VIDEO, HERBS BLENDED WITH OIL OFTEN CHANGE THE FLAVOUR AND CAN TRANSFORM A DISH.
- TO KEEP HERB OILS GREEN FOR LONGER PERIODS ADD A PINCH OF CITRIC ACID WHILE BLENDING AND COVER THE CONTAINER YOUR STORING THE OIL IN WITH FOIL TO AVOID ANY LIGHT. THIS WILL KEEP THE OIL A VIBRANT COLOUR A LITTLE LONGER.