

SPICY STEAMED GARFISH WITH RAW SCALLOP SALAD

EQUIPMENT

CHEF'S KNIFE, MIXING BOWLS, PASTRY BRUSH, PERFORATED BAKING TRAY, BAKING PAPER

INGREDIENTS

2 WHOLE CLEANED GARFISH, 5 LARGE SCALLOPS, ¼ CUCUMBER, ½ PEELED SHALLOT, 1/8 GREEN CHILLI,
30GM MELTED BUTTER, 5 CORIANDER SPRIGS, 10CM SIRIACHA SAUCE, LEMON, SALT FLAKES

METHOD

WHISK TOGETHER SIRIACHA SAUCE AND MELTED BUTTER AND SET ASIDE. SCORE BOTH SIDES OF THE GARFISH AND PLACE THE FISH ON A PERFORATED BAKING TRAY LINED WITH BAKING PAPER.

SEASON BOTH SIDES OF THE FISH AND THE INSIDE CAVITY. USING A PASTRY BRUSH PAINT THE SPICY BUTTER OVER BOTH SIDES OF THE FISH AND COVER THE FISH WITH ANOTHER SHEET OF BAKING PAPER AND PLACE IN THE OVEN SETTING 70 °C FOR 12 MINUTES.

FOR THE SCALLOP SALAD FINELY DICE THE SHALLOT, CUCUMBER SKIN AND CHILLI AND PLACE EVERYTHING INTO A SMALL MIXING BOWL.

NEXT FINELY SLICE THE SCALLOPS AND CORIANDER AND ADD TO THE MIXING BOWL, DRIZZLE OVER EVOO MIX WELL AND SET ASIDE.

ONCE STEAMED REMOVE THE GARFISH FROM THE OVEN AND PLACE ON A LARGE SERVING PLATE, SEASON THE SALAD WITH SALT, LEMON JUICE AND TOSS WELL. SPOON THE SALAD OVER THE FISH AND SERVE.

HINTS & TIPS

- COMPOUND OR FLAVOURED BUTTERS ARE A GREAT WAY TO ADD EXTRA FLAVOUR TO STEAMED FISH, YOU ARE ONLY LIMITED BY YOUR IMAGINATION TO WHAT YOU ADD TO YOUR BUTTER
- GARFISH IS A GREAT ALTERNATIVE FOR A TABLE FISH, IT HAS WHITE FIRM FLESH THAT MATCHES WELL WITH HOT AND SPICY ADDITIONS.