

STEAMED KING GEORGE WHITING, PEPITA, CAPER AND HERB BUTTER

EQUIPMENT

CHEF'S KNIFE, BAKING PAPER, PERFORATED BAKING TRAY, MIXING BOWL,
PIPING BAG WITH STRAIGHT NOZZLE, MICRO PLANE, SPATULA

INGREDIENTS

4 X FILLETS KING GEORGE WHITING, 100GM SALTED ROOM TEMPERATURE BUTTER, ZEST OF 1 LEMON,
15 BABY CAPERS, 20GM PEPITAS, 20 PARSLEY LEAVES, 5GM FRESH HORSERADISH, SEA SALT,
FENNEL FRONDS AND BABY SALAD LEAVES FOR GARNISH, EXTRA VIRGIN OLIVE OIL.

METHOD

PLACE THE BUTTER INTO A SMALL MIXING BOWL AND GRATE OVER LEMON ZEST AND FRESH HORSERADISH AND SET ASIDE. FINELY CHOP CAPERS, PEPITAS AND PARSLEY AND ADD TO THE BUTTER. MIX THE BUTTER TOGETHER TO ENSURE ALL INGREDIENTS ARE MIXED EVENLY.

TRANSFER THE BUTTER TO A PIPING BAG FITTED WITH A STRAIGHT NOZZLE.

PLACE THE WHITING FILLETS ON A PERFORATED BAKING TRAY LINED WITH BAKING PAPER. SEASON THE FILLETS WITH A LITTLE SALT AND PIPE A STRIPE OF BUTTER DOWN THE MIDDLE OF EACH FILLET.

PLACE THE FILLETS INTO A PRE-HEATED OVEN STEAM SETTING 60°C FOR 8-9 MINUTES.

WHILE THE FISH COOKS PICK SOME BABY SALAD LEAVES AND FENNEL FRONDS AND DRESS WITH A LITTLE OLIVE OIL.

ONCE COOKED REMOVE THE FILLETS AND PLACE ON A SERVING PLATE, GARNISH WITH DRESSED SALAD LEAVES AND SERVE WITH A WEDGE OF LEMON.

HINTS & TIPS

- WHEN USING A PREMIUM TABLE FISH LIKE KING GEORGE WHITING IT'S IMPORTANT THAT THE FLAVOURS YOU CHOOSE TO PAIR WITH THE FISH DON'T DOMINATE IT BUT COMPLIMENT IT, BEING SUBTLE IS THE KEY HERE.
- THIS RECIPE CONTAINS FRESH HORSERADISH WHICH IS VERY POWERFUL AND EXPENSIVE, USE IT IN MODERATION AND FREEZE ANY LEFTOVER FOR YOUR NEXT MASH POTATO OR STEAK DISH.