

Sous Vide Toothfish, Onion, Leek and Coconut Relish

EQUIPMENT

Chef's Knife, Vacuum Pouch, Vacuum Sealer, Microplane, Frypans, Spatula, Perforated Tray, Spoon

INGREDIENTS

1-2 Fillets Patagonian Toothfish, 3cm Piece Finely Grated Ginger, 3-5 Small Pickling Onions,
1 Leek (white part), 1-2 Kaffier Lime Leaves, 10g Slithered Almonds, 50-80gm Coconut Milk,
5gm Caster Sugar, 10gm Chinese Rice Wine, 5gm Soy Sauce,
Salt, Ground White Pepper, Vegetable Oil

METHOD

Season the fish on both sides with salt and white pepper, pour 50ml of vegetable oil into a vacuum bag and add 1 crushed lime leaf, ½ teaspoon ginger and soy sauce.

Seal the bag and place on a perforated tray and put in the oven steam only setting 62°C for 20 minutes.

While the fish cooks finely slice the onion and leek and place into a cold frypan with a little oil, place over low heat to sweat for 3-4 minutes (without colour)

Next add the sugar, remaining ginger, lime leaf and rice wine and return to the heat to cook for a further 5 minutes.

Next add the coconut milk and return to the heat for another 8-10 minutes, at the same time place another frypan over medium heat for the fish.

Once the fish is cooked remove from the oven and remove from the bag. Pat the fish dry and place into the pre-heated frypan skin side down, cook for 2-3 minutes over medium heat.

To finish, warm the onion and leek mix and place a mound onto a serving plate, place the fish on top and garnish with coriander leaves.

HINTS & TIPS

Patagonian toothfish is very expensive but almost second to none as a table fish, you may have to pre-order from your fishmonger.

If you don't have a vacuum sealer you can use a zip lock bag following the same method.