

Steamed Murray Cod, Prickly Ash, Scorched Spring Onions

EQUIPMENT

Large Perforated Tray, Baking Paper, Pallet Knife, Large Frypan or Teppanyaki Plate, Mixing Bowls, Small Saucepan, Serving Plate

INGREDIENTS

2 x Murray Cod Fillets (approx 250 - 300gm each), 1 Teaspoon Toasted & Crushed Sichuan Pepper, 1 Teaspoon Sea Salt, 3 x Finely Sliced Spring Onions, 1 Tablespoon Toasted Sesame Seeds, 1 Tablespoon Chopped Toasted Peanuts, 1 Tablespoon Fried Shallots, 100gm Vegetable Oil

METHOD

Pre-heat oven to steam only setting 70°C (158°F). Mix together salt and pepper and set aside.

Place fish fillets on a perforated tray lined with baking paper and season both sides with the salt and pepper mix. Place in the oven and set the timer for 15 minutes.

Pour the oil into a small saucepan and place over medium heat, once the oil begins to shimmer and smoke a little remove from heat and add the spring onions, stir through and add a little of the remaining salt and pepper mix and set aside.

Place a large frypan or teppanyaki plate over medium heat.

Once cooked, remove the fish from the oven and pat dry with paper towel, lightly oil the frypan or teppan plate and place the fish on top and cook for no longer than 2 minutes on the skin side only.

Remove from the heat and place the fish on a serving plate skin side up, spoon over the spring onion oil, scatter over toasted sesame and peanuts along with fried shallots and serve immediately.

HINTS & TIPS

Murray cod is an Australian Native species not known to be a great table fish but excellent sustainable farmed fish are now available, if making this choose a farmed fish vs a wild example.

Serve this dish with some plain steamed rice, for a little extra zing add some finely grated ginger to the spring onion oil.