

Miele

Avocado fritters with kingfish sashimi and umeboshi

By Maggie Beer

10 minutes

Preparation Time

15 minutes

Cooking Time

6-8

Serves



INGREDIENTS

Avocado fritters

2 medium zucchinis, grated
1 large ripe avocado
1 tbs lemon juice
1 tbs lemon zest, finely grated
125g Persian fetta, crumbled
2 spring onions, finely chopped
2 large free range eggs
½ cup coriander leaves, picked and chopped
¼ cup self-raising flour
Salt flakes and freshly ground pepper, to taste
Extra virgin olive oil, for frying
300g sashimi-grade kingfish (Hiramasa)

Umeboshi

110g umeboshi
4 tbs spring onions, green stems, finely sliced
1-2 tbs extra virgin olive oil
Vino cotto, to taste
Salt flakes, to taste

To serve

Extra virgin olive oil
Micro coriander
Chives, finely sliced
Miniature radish, optional

METHOD

Umeboshi

1. Remove the pits from the umeboshi and chop finely.
2. In a mixing bowl, add umeboshi and enough olive oil to form a loose paste. Drizzle in vino cotto and season to taste. Fold through spring onion stems.

Fritters

1. Using your hands or a clean cloth, squeeze grated zucchini to remove as much liquid as possible. Discard the liquid and place zucchini into a large bowl.
2. Peel the avocado and smash with a fork, toss with a little lemon juice to stop oxidation.
3. Add the avocado to the zucchini along with the remaining ingredients, stir to combine. If the mixture is too wet, add a little extra flour.
4. Heat enough olive oil in a frying pan on medium to high heat, Induction setting 7. Place tablespoon dollops of mixture into the frying pan and fry gently on each side, 1-2 minutes until cooked through.
5. Remove from the pan and drain briefly on paper towel before cooling on a wire rack. Continue cooking with remaining batter.

Kingfish

1. Trim the fish of any skin and bone and remove bloodline. Using a sharp knife, slice across the fillet into medallions 1-2mm thick.

To serve

1. Serve the fritters at room temperature topped with sliced kingfish, umeboshi and garnish with coriander, chives and drizzle with olive oil.

Hints and tips

- Kingfish should be prepared as close to serving as possible and kept chilled.
- If your cooktop has the Temp Control zone, heat the frying pan on Setting 1 to control the heat of the oil when frying the fritters.
- Umeboshi are fermented or pickled plums made from young sour Japanese fruit which is a cross between an apricot and a plum. They can be found whole or as an umeboshi paste or in vinegar form. They can be purchased from Asian grocery stores.