

Miele

Steamed snapper fillets with chorizo dressing

By Shannon Bennett

25 minutes

Preparation Time

10 minutes

Cooking Time

6

Serves



INGREDIENTS

2 cups extra virgin olive oil
2 large potatoes, finely julienned,
soaked and drained
1kg snapper fish frames (bones
and trims), roughly chopped
6 x snapper fillets (140-160g each)
skin on
2 tbs butter
1 orange, juiced and zested
1 cup white wine
200g chorizo paste
4 eschalots, peeled and
finely diced
1 tbs curly parsley, chopped
Murray River Salt Flakes

METHOD

1. In a deep saucepan or wok, heat the olive oil to approximately 170°C on medium heat, Induction setting 7.
2. Fry the potato in two batches and cook until golden. Remove and allow to drain on paper towel. Season immediately with salt.
3. In a large heavy based frying pan, over medium heat, Induction setting 7, add half the butter and 1 tablespoon of the olive oil from the potato process.
4. Season the pan with Murray River Salt, add the fish trimmings and bones, sauté until golden.
5. Once the desired colour, deglaze the pan with the orange juice and white wine.
6. Reduce by one third and strain. Place the liquor back in the same pan, add the eschalots, orange zest and bring to a simmer, add one spoon of extra virgin olive oil and the remaining butter, whisk until emulsified.
7. Place the snapper fillets in two baking paper lined perforated steam containers and steam at 85°C for 3 minutes, test with a toothpick.
8. Place a non-stick pan on medium heat, Induction setting 6 to pre-heat.
9. Place the chorizo paste carefully on the skin side of the fillets evenly in a thin layer roughly covering the whole fillet.
10. Cook for about 1 minute, or until the chorizo is golden.
11. Turn the fish over and pour the orange and wine sauce into the pan. Turn off the heat, top each fillet with some of the crispy potato and serve in the pan as a shared dish.