



Flathead tails, seasoned butter and zucchini

By Jo Barrett

15 minutes, plus refrigeration time

Preparation time

30 minutes

Cooking time

4

Serves

INGREDIENTS

Seasoned butter

200 g salted butter, softened
1 tbsp capers, drained, finely chopped
1 lemon, zest and juice
1 tsp small chopped preserved lemon rind
1 tsp Dijon mustard
1 garlic clove, crushed
¼ cup thinly sliced chives
¼ cup finely chopped parsley
1 tsp fennel flowers (pollen) or chopped fennel fronds
Salt flakes and pepper, to taste
few drops of tabasco or hot sauce, optional

Fried bread

100 g salted butter
50 g (1 ½ cups) torn stale bread, approximately 1 cm size
2 thyme sprigs, leaves removed
Salt flakes and pepper, to taste

Flathead tails

8 flathead tails or gurnard fillets (approximately 400 g)
2 zucchinis
Extra virgin olive oil, to drizzle

METHOD

Seasoned butter

1. Mix all ingredients into the butter until well combined.
2. Place the butter onto a sheet of baking paper and roll up to form a cylinder. Twist the open edges to push the sides of the butter into a 15 cm even log shape, place in the fridge for at least 20 minutes to firm up before using.

Fried bread

1. Add the butter to a saucepan over medium heat, induction setting 6, until the butter begins to foam. Add the torn bread and thyme. Continuously stir to coat the bread in the butter, it will begin to fry and turn golden once ready.
2. Drain the crispy bread on a piece of paper towel and season with salt and pepper. Once completely cooled it can be stored until ready to be used.

Flathead tails

1. Cut four pieces of baking paper approximately 30 cm x 45 cm. In the centre of each piece of paper lay two flathead tails.
2. Slice four rounds of butter and rest them over the fish. Use a mandolin to slice the zucchini into rounds then lay them over the fish and butter. Slightly overlap the zucchini so they touch and look similar to fish scales.
3. Drizzle a small amount of olive oil over the zucchini and season with salt and pepper. Draw two opposite edges of the paper up to meet. Holding both pieces fold them over each other all the way till the fold is flush with the fish and the fold is secure. Fold the remaining side openings by rolling them up and then folding the roll under the parcel to secure and seal.
4. Slide the parcels into a perforated steam container.
5. Steam the parcels at 85°C for 8 minutes, or until the fish is cooked.
6. Remove from the oven and allow to rest for 1 minute before opening the parcels.

To serve

1. Place fish onto a serving plate, top with a spoon of the fried bread and any melted butter from the parcels.

Hints and tips

- Should you not be able to source flathead due to seasonality or your location, substitute with another firm white fish such as gurnard. Touch base with your local fishmonger who will happily suggest an alternative.
- This recipe makes a generous serving of butter, if there is any leftover after you have prepared the dish, we suggest storing the butter in the freezer and then utilising to accompany other proteins or vegetables – delicious!
- The fish is steamed within a parcel so the fish can absorb all the flavours of the seasoned butter. There is no need to utilise the paper if you choose to steam without the butter component.
- This recipe was prepared using 50 g flathead tails, larger pieces of flathead will mean the cooking time needs to increase slightly.