

Miele

Hiramasa Kingfish, Tasmanian garlic and cime di rapa

By Miele

1 hour, 30 minutes

Prep time

50 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

180g x 4 portions Hiramasa kingfish fillet, skin on
50g silvered almonds, roasted
1 cauliflower
300g Cime di rapa (can substitute with silverbeet or Chinese broccoli)
Juice of 1 lemon
2 tablespoons olive oil
Salt
Pepper

Garlic Puree

200g Tasmanian Purple garlic cloves, peeled
500ml full cream milk
100ml pouring cream

METHOD

Garlic Puree

1. Peel the garlic cloves and blanch them in boiling water for 1 minute. Strain and discard the water, repeat this process twice more, making sure fresh cold water is used each time.
2. Place garlic cloves in the milk and cream in a solid steam tray. Steam at 100°C for 15 minutes or until they are very tender.
3. Strain the garlic and reserve the milk and cream.
4. Puree garlic in a blender, adding the cooking milk and cream until a very smooth and creamy puree is obtained. (you may not need all the liquid)

Hiramasa Kingfish

1. Score the skin of the kingfish and steam at 85°C for 9 minutes or until just cooked. (a good way to know your fish is ready is to insert the tip of a knife into the thickest part of the flesh, if the knife does not encounter any resistance the fish is ready)
2. Remove fish from steam oven and rest skin side down on absorbent paper for 1 minute.

Cauliflower and cime di Rapa

1. Wash the cauliflower and cut into 1cm rosettes and place on perforated steam tray.
2. Wash the cime di rapa discarding the larger and tougher stems and place on a perforated steam tray.
3. Place the cauliflower in the steam oven and steam at 100°C for 2 minutes, then add the Cime di Rapa and Steam at 100°C for a further 1 minute.
4. Remove from steam oven and season with Salt, pepper, lemon juice and olive oil

To Serve

- Heat a frying pan on induction setting 7- 8 or high heat. When the pan is hot, add the kingfish (skin side down) and cook for 1 ½ minutes until lightly golden.
- Re-heat the cauliflower, cime di rapa and garlic puree in the steam oven for 1 minute at 90°C
- Place a tablespoon of the garlic puree in the centre of the plate, place the fish on top (skin side up), place the cauliflower and cime di rapa around the plate, finish with a sprinkle of roasted slivered almonds and a drizzle of extra virgin olive oil.