

Miele

Jewfish with pea textures

By Shannon Bennett

35 minutes

Preparation time

40 minutes

Cooking time

4 serves

Serves



INGREDIENTS

4 x 150g Jewfish fillets, skin off, pin boned
4 baby leeks, washed
1 cup green lentils
1 cup red lentils
1 carrot, peeled and cut brunoise
Murray River Sea Salt to taste

Pea Puree

250g frozen peas
75g butter
Murray River Sea Salt to taste

Herb Butter

4 tablespoons butter
2 tablespoons parsley, finely chopped
1 shallot, finely chopped
6 sage leaves, finely chopped
6 mint leaves, finely chopped

METHOD

1. Pre-heat oven on Grill at 220°C.
2. Place leeks in a perforated steam tray and steam at 100°C for 2 minutes. Refresh in cold water and pat dry with paper towel.
3. Place green lentils in a solid steam tray, cover with boiling water and steam at 100°C for 10 minutes.
4. Place red lentils in a solid steam tray, cover with boiling water, add to the steam oven with the green lentils and steam at 100°C for a further 15 minutes or until just al dente.
5. Drain both lentils and set aside in a small saucepan.
6. Place carrots in a perforated steam tray and steam at 100°C for 2 minutes, then mix the cooked carrot in with the lentils.
7. Place leeks on the grilling and roasting insert, placed in the multi-purpose tray. Grill leeks until coloured.
8. Place fish fillets on a baking paper lined perforated steam tray and steam at 70°C for 8 minutes. Season with salt to taste.

Pea Puree

1. Place peas in a perforated steam tray. Steam at 100°C for 2 minutes and then place in the bowl of a food processor.
2. Season the steamed peas with salt and blend to a smooth puree with the butter. Set aside ready for serving.

Herb Butter

1. Heat butter in a small pan on medium heat, Induction setting 5 until melted. Increase heat to medium-high, Induction setting 7-8 and continue to cook until the butter has reached a nutty brown colour. Add the herbs and stir to combine.

To Serve

1. Place fish on one side of a warmed plate and drizzle with the herb butter.
2. Place 2 tablespoons of pea puree on the opposite side of the plate in a line to match the fish.
3. Top the puree with 2-3 tablespoon of lentil and carrot mix and scatter on the pea tendrils for garnish.