



Miele

Jewfish with pea textures

By Shannon Bennett

35 minutes

Preparation time

40 minutes

Cooking time

4 serves

Serves

INGREDIENTS

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

Pea Puree

250 g frozen peas
75 g butter
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

To Serve

50 g pea tendrils

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 universal 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.