



**Miele**

# Kingfish, brassica and gascony butter

By Shannon Bennett

**35 minutes**

Preparation time

**30 minutes**

Cooking time

**4 serves**

Serves

## INGREDIENTS

4 x 90 g pieces kingfish  
fillets, skin off, bloodline  
removed  
1 tablespoon olive oil  
Sea Salt  
White pepper  
½ cup raisins  
12 medium-size cauliflower  
florets, petals separated  
1 tablespoon parsley, finely  
chopped

### Pickled Vegetables

300 ml white wine vinegar  
250 ml water  
225 g sugar  
8 Brussel sprouts, petals  
separated  
8 purple sprouting broccoli

### Gascony Butter

250 g butter, room  
temperature  
2 garlic cloves, roasted  
1 teaspoon sweet paprika  
1 teaspoon parsley, finely  
chopped  
2 teaspoons Dijon mustard  
½ teaspoon cayenne  
pepper  
½ teaspoon nutmeg  
2 tablespoon flat leaf  
parsley, chopped  
1 tablespoon flat leaf  
parsley, finely chopped,  
extra  
Salt to taste

### Miele Accessories

Steam tray

## **METHOD**

### **Picked Vegetables**

1. Combine vinegar, water and sugar in a medium pan and cook on medium heat, Induction setting 6, until the sugar has dissolved.
2. Place the sprouts, cauliflower and sprouting broccoli in a perforated tray and steam at 100°C for 3 minutes. Plunge into iced water to stop cooking. Drain on paper towel.
3. Place cooled cauliflower and Brussel sprout petals into the pickling liquid and set aside until required.

### **Fish**

1. Place raisins in a small bowl and cover with water, set aside for at least 15 minutes.
2. Place fish in a Steam Oven at 85°C and cook for 7-8 minutes.
3. Remove the fish from the oven and rest for 5 minutes before serving.

### **Gascony Butter**

1. Place the butter in a bowl of an electric mixer fitted with a paddle and beat until pale and creamy.
2. Gradually beat in the remaining ingredients.
3. Place the butter mixture in a small pan on medium heat, Induction setting 5-6, cook stirring constantly for approximately 4 minutes, or until the shallot has softened. Keep warm on Induction setting 1 while plating up.
4. Heat gascony butter in a medium size pan, on medium heat, Induction setting 6. Add the cauliflower and parsley cook for 3 minutes.

### **To Serve**

1. Place 2 pieces of fish on each plate.
2. Scatter the vegetables around each plate and drizzle with Gascony butter. Serve remaining Gascony butter in a jug.