



Steamed snapper, black bean, mushrooms, tamari dressing

By Michael Meredith

30 minutes

Preparation Time

25 minutes

Cooking Time

4 serves

Serves

INGREDIENTS

4 x 120g snapper fillets 100g black bean paste 100g chives, finely chopped

Mushrooms

50ml grapeseed oil 80g shitake mushrooms, sliced 80g woodear mushrooms, trimmed 100ml chicken stock 80g honeycomb mushrooms, trimmed 40g mung bean sprouts 200ml tamari dressing 60g baby oyster mushrooms

Tamari dressing

60ml rice vinegar

½ cup rice syrup

2 tablespoons tamari

125ml grapeseed oil

1 tablespoon water

1 teaspoon fresh ginger,
finely grated

1 orange, juiced

Black bean paste

2 tablespoons minced ginger
2 tablespoons Shaoxing wine
1 teaspoon caster sugar
1 teaspoon tamari
3 tablespoons fermented Chinese black beans, soaked in water and mashed
5 cloves fermented black garlic, finely chopped
2 tablespoons peanut oil

Truffle oil to taste

METHOD

Bean paste

- 1. Heat oil in a saucepan on medium heat, Induction setting 7.
- 2. Add ginger and cook until fragrant and soft then add the wine, sugar and tamari
- 3. Cook for a minute, then add the black beans and black garlic.
- 4. Stir into a paste consistency and add truffle oil to slightly flavour the paste. The consistency should be easy to spread.

Tamari dressing

1. Combine all ingredients to make a dressing.

Mushrooms

- 1. In a frying pan, heat grapeseed oil on medium heat, Induction setting 7.
- 2. Add shitake mushrooms and cook for 2 minutes followed by the woodear mushrooms.
- 3. Pour over chicken stock and reduce quickly, add honeycomb mushroom and mung beans and stir well to combine.
- 4. Deglaze the frying pan with the tamari dressing and check the seasoning.
- 5. Place the mushroom mixture into a bowl and mix through the raw oyster mushrooms.

Snapper

- 1. Spread the bean paste over the fish and cover with chopped chives.
- 2. Place the fish in a perforated steam tray and Steam at 90°C for 4-5 minutes.

To serve

- 1. Portion the mushrooms into 4 bowls and place steamed fish on top.
- 2. Finish with the tamari dressing drizzled around the plate and serve.

Notes

- The bean paste can be made ahead of time and frozen.
- The tamari dressing can be kept for 1 week in an airtight container.