

Steamed Snapper, Black Bean, Mushrooms, Tamari Dressing

By Michael Meredith

30 minutes

25 minutes

4

Serves



INGREDIENTS

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

Mushrooms

50ml grapeseed oil
80g shitake mushrooms, sliced
80g wood ear 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
¼ cup rice syrup
2 tablespoons tamari
125ml grapeseed oil
1 tablespoon water
1 teaspoon fresh ginger, finely grated
1 orange, juiced

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 wood ear 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

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