

Miele

Barramundi

By Shannon Bennett

40 minutes

Prep time

25 minutes

Cooking time

6 Servings

Serves



INGREDIENTS

6 x 150g Barramundi fillet, skinned
40g butter
Thyme leaves

Spinach puree

3 bunches English spinach, stems removed and discarded
Pinch of salt

Chicken glaze

2 litres good quality or homemade chicken stock reduced by 95% (190ml) to a glaze

Young garlic sauce

3 garlic heads, cut in half horizontally
300g butter
100ml chicken glaze
500ml water
25ml apple vinegar

Pommes soufflé

3 medium size royal blue potatoes

Cauliflower fleurettes

? purple cauliflower
Crispy parsley, edible flowers
4 litres canola oil, split between two pans

METHOD

Spinach puree

1. Place spinach and salt in a solid steam tray. Steam at 100°C for 2 minutes. Squeeze excess moisture into a jug. Place spinach in a blender and puree on high speed, slowly adding the liquid from the jug until emulsified and at required consistency. Pass through a fine sieve and place in a squeeze bottle ready for serving.

Chicken glaze

1. Cook and reduce the stock until just 190ml. Be careful not to over reduce to avoid bitterness.

Young garlic sauce

1. Pre-heat oven on Fan Plus at 180°C. Cut the garlic heads in half horizontally. Gently sauté in a small pan with the butter over medium heat. When lightly coloured, add 100ml chicken glaze and 500ml water.
2. Place pan in the oven, covered, until tender for 35 minutes.
3. Remove pan from oven and allow garlic to cool slightly. Remove the skin and blend garlic on low speed with apple vinegar until silky smooth.

Pommes soufflé

1. Heat some of the oil in a pan to 140°C, whilst heating oil in a second pan to 180°C.
2. Peel the potatoes and slice 2mm thick on a mandolin, ensuring you slice the potato lengthways. Stack and cut the slices into 3cm squares. Do not rinse the potato; you need to maintain the starch.
3. Place 4-5 slices of potato in the pan set at 140°C, swirl with a slotted spoon, stirring constantly to keep the potato moving until they are blistered. Let them cook for a couple of minutes, then transfer to the pan set at 180°C, once transferred into the second pan they will puff up. Continue to cook until an even golden colour, drain on paper towel. Repeat with remaining potato squares.

Barramundi

1. Pre-heat oven on Moisture Plus at 190°C and select 1 manual burst of steam. Place fish on multi-purpose tray lined with baking paper. Place in oven on shelf position 3 and release steam immediately. Set minute minder and cook for 8 minutes or until fish is cooked.

To serve

1. Lightly heat the barramundi fillets in a pan with thyme and butter. Avoid too much colour on the fish.
2. Steam cauliflower fleurettes for 2 minutes in the steam oven at 100°C. Plunge into iced water to cool quickly.
3. Pipe the spinach puree, using a plain 5mm nozzle, in a spiral shape starting in the centre of the plate.
4. Place 4-5 small teaspoons of garlic sauce around the plate.
5. Place 3 pommes soufflé around the plate, garnish with flowers.
6. Place the cauliflower fleurettes between the fish and the pommes soufflé.

Hints and tips

- Pommes soufflé will hold in the warming drawer for a few hours, or until ready to serve.
- Royal blue potatoes can be substituted for désirée potatoes or an alternative dry potato variety.
- The more moisture you have in the potatoes, the less likely the pommes soufflé is to crisp.