

Miele

John dory en papillote with chermoula dressing

By Shannon Bennett

1 hour 30 minutes

Prep time

10 minutes

Cooking time

6 Servings

Serves



INGREDIENTS

John dory

6 x 180g John dory fillets, skinned
1 cup Chermoula

Waldorf salad

2 baby witlof (Belgium endive)
2 cups Frisée
1 lemon, juiced
1 Granny Smith apple, julienne
3 sticks celery
½ cup crushed walnuts
? cup Japanese mayonnaise
Murray River Sea Salt and white pepper
to taste

Chermoula

1 red onion, roughly chopped
1 tablespoon cumin
1 tablespoon coriander
1 lemon, juiced
1 bunch fresh coriander leaves and stalks
1 bunch parsley leaves and stalks
4 cloves of garlic
1 tablespoon sweet paprika
1 tablespoon turmeric
1½ tablespoons ras el hanout spice mix
1½ tablespoons ground chilli
1 heaped teaspoon
Murray River Sea Salt
185ml olive oil

METHOD

Chermoula

1. Place all ingredients into a blender, blend until pureed and set aside.

John dory

1. Place each fillet on a sheet of baking paper measuring approximately 40cm x 35cm. Place fillet on the bottom half of the paper leaving enough room to fold over and form a parcel.
2. Place 2 tablespoons of Chermoula sauce over each fillet.
3. Bring the top half of baking paper down over the fillet. Fold in the side edges, then fold in the bottom edge to form a parcel.
4. Place parcel on the bottom half of a similar sized piece of foil (shiny side in) and fold as per baking paper. You should now have a parcel that looks like a puffed pillow.
5. Place parcel on a perforated steam tray and steam at 90°C for 10 minutes.

Waldorf salad

1. Wash and dry the baby witlof and use the smallest leaves only.
2. Thinly slice the celery with a vegetable peeler, then julienne and soak in cold water for 1 hour.
3. Place the apples in a dish and coat thoroughly with lemon juice to prevent oxidation.
4. Place the apple, celery, walnuts, witlof and frisée in a large bowl. Toss the mayonnaise through the salad, ensuring you coat the whole salad.
5. Season with salt and pepper to taste.

To serve

1. Serve the fish, in its opened parcel, with a serve of Waldorf salad on the side.