

Miele

Steamed snapper fillets with chorizo dressing

By Shannon Bennett

25 minutes

Preparation time

10 minutes

Cooking time

6 servings

Serves



INGREDIENTS

2 cups extra virgin olive oil
2 large potatoes, finely julienned, soaked and drained
1 kg snapper fish frames (bones and trims), roughly chopped
6 x snapper fillets (140-160g each) skin on
2 tbs butter
1 orange, juiced and zested
1 cup white wine
200 g chorizo paste
4 eschalots, peeled and finely diced
1 tbs curly parsley, chopped
Salt Flakes

Miele Accessories

Steam container

METHOD

1. In a deep saucepan or wok, heat the olive oil to approximately 170°C on medium heat, Induction setting 7.
2. Fry the potato in two batches and cook until golden. Remove and allow to drain on paper towel. Season immediately with salt.
3. In a large heavy based frying pan, over medium heat, Induction setting 7, add half the butter and 1 tablespoon of the olive oil from the potato process.
4. Season the pan with salt, add the fish trimmings and bones, sauté until golden.
5. Once the desired colour, deglaze the pan with the orange juice and white wine.
6. Reduce by one third and strain. Place the liquor back in the same pan, add the eschalots, orange zest and bring to a simmer, add one spoon of extra virgin olive oil and the remaining butter, whisk until emulsified.
7. Place the snapper fillets in two baking paper lined perforated steam containers and steam at 85°C for 3 minutes, test with a toothpick.
8. Place a non-stick pan on medium heat, Induction setting 6 to pre-heat.
9. Place the chorizo paste carefully on the skin side of the fillets evenly in a thin layer roughly covering the whole fillet.
10. Cook for about 1 minute, or until the chorizo is golden.
11. Turn the fish over and pour the orange and wine sauce into the pan. Turn off the heat, top each fillet with some of the crispy potato and serve in the pan as a shared dish.

- *“Meaty white fleshed fish and chorizo are a combination that is not new, but never gets old, I love this dish because it is moorish and Spanish origins make it adaptable and remind me that great summer food can also be tasty and wholesome.”*

– Shannon Bennett.