

# Tucka Time!



## Flathead In Cider With Mussels

### Ingredients

500g cleaned, skinned flathead  
1 1/2 kg small scrubbed mussels  
300ml dry cider  
1 large onion finely sliced  
15g parsley and lemon zest butter

### Method

Cook mussels in cider until open. Gently simmer onions in butter. Place onion mixture in long shallow ovenproof glass dish. Place flathead on top, strain cider/mussel stock over fish until barely covered. Cover dish and place in oven preheated to 180 degrees for approx. 15 minutes. Surround flathead with shelled mussels. Top with parsley and lemon zest butter. Glaze under the grill and add salt and pepper to taste.

## Whole baked Samson on open Charcoal or fire

### Ingredients

1 cleaned whole samson  
Sliced garlic cloves  
Sliced fresh ginger  
1 tin pineapple slices  
1/2 cup butter  
1/2 cup lemon juice  
Alfoil to wrap fish  
2 stubbies of beer  
4 glasses of wine.

### Method

Cut small holes in fish and stuff garlic and ginger into holes. Grease alfoil with 1/2 of the butter and place fish on alfoil. Spread pineapple slices on top of fish, sprinkle with lemon juice, rub on rest of butter, wrap in alfoil, and toss onto coals. Rip the top off a stubby, sit back relax, have a drink and providing you're not too thirsty after this work out, the fish should be ready to turn when you've finished the stubby. Turn fish, open up the other stubby, have a well earned drink. When enough stubbies have been knocked down to ensure the fish is ready, open up alfoil, serve yourselves a good portion of fish. Have with wine "bon appétit"

## Orange & Lemon Hairtail Fillets With Asparagus

### Ingredients

800g skinless fillets  
1x 225g tin asparagus  
300ml white wine  
Sauce: 2 tbsp butter  
1/2 cup milk  
1/8 cup lemon juice  
1/8 cup orange juice  
Salt & pepper  
to taste

### Method

Arrange fillets in layers in a lightly greased ovenproof dish. Pour wine over. Bake for 20min approx in oven heated to 175c. fish is cooked when it flakes. Reserve poaching liquid. Transfer fillets to a serving plate and keep warm. Simmer asparagus in can juices until hot, drain, spread over fillets. Meanwhile, melt butter in a saucepan. Add flour and stir to a paste. Gradually add the milk, orange and lemon juice a little at a time while stirring all the time until a smooth consistency is reached. Slowly add reserved poaching liquid, stirring all the time and bring to the boil, reduce heat and simmer until sauce reduces and thickens. Add salt and pepper to taste. Pour over fish fillets; serve immediately with mashed potatoes, boiled carrots and fresh beans. Serves 4.

## Steamed Trevally With Salted Black Bean

### Ingredients

4-5 spinach leaves  
1 red onion - sliced length ways  
Pinch of salt  
Black pepper  
100g of salted black bean - soak in water for 10 minutes wash gently and drain off water  
3 tbsp white wine vinegar - or white vinegar  
1 whole medium size trevally  
2 tsp olive oil  
2 tbsp of sugar - white or raw  
2 tbsp soy sauce  
1 yellow capsicum - julienne  
2 red chilli - seeded & julienne  
4-5 sprigs of coriander

### Method

Wash fish and score. Line a heatproof bowl (large enough to hold the fish) with spinach leaves and then add the fish. Combine all ingredients and pour over fish. Place the bowl in a steamer for 10-12 minutes. If you do not have a steamer, wrap the bowl in alfoil and place in a moderate pre heated oven for 12 - 15 minutes or until cooked.

Garnish with coriander sprigs and lemon wedges. Serves 4.

## Coconut Catfish

### Ingredients

1 catfish - skinned, cut into bite size pieces  
Milk  
1/4 cup shredded coconut  
Oil for deep frying  
Plain flour  
2 eggs  
3 stubbies of beer  
1 cup of breadcrumbs

### Method

Open 1 stubby of beer and take a good swig. Soak fish pieces in milk for 1 hour. While fish is soaking, knock off the rest of the stubby and open another one. Take another good swig (by this time you'll notice the body cleansing effect it's having on you) and beat the eggs into egg wash. Mix the bread crumbs and coconut together.

Have another hit on the stubby, "partake of a quick leek, make sure you wash your hands". Drain excess milk off fish pieces, dust with flour, coat with egg wash and cover with bread crumbs, coconut mix. Finish off the rest of the stubby and place crumbed fish pieces in hot oil. Deep fry for a minute or two and drain excess oil off fish.

Open third stubby and have with fish pieces.

## Poached Teraglin With Julienne Vegetables

### Ingredients

1 tbsp oil  
1/4 tsp cracked black pepper  
3 tbsp Worcestershire sauce  
160g pumpkin peeled and cut into thin strips  
1 red capsicum, seeded and cut into thin strips  
1/4 cup freshly squeezed lime juice  
4 Teraglin fillets 155 - 160g each cut into rectangles  
1/4 cup semi-sweet white wine  
1/2 cup semi-sweet white wine (extra)  
1/2 cup water  
1 choko cut into strips  
2 tbsp soy sauce  
Watercress sprigs to garnish

### Method

Heat oil and wine in a large frying pan over a moderate heat. Add the choko, pumpkin, red capsicum and pepper, and then stir for 2 minutes. Remove the vegetables with a slotted spoon and keep warm in an oven proof dish in a low oven. Add the extra wine, lime juice, soy sauce, Worcestershire sauce and water to the fry pan. Bring to the boil, reduce heat to a simmer, and then add the teraglin fillets. Cover and cook fish for 4 minutes each side or until cooked through. Arrange vegetables on each serving plate and place teraglin fillets on top then garnish with watercress sprigs. Serves 4

## Golden Perch Vegetarian Style

### Ingredients

4 whole perch fillets  
2 carrots - cut into strips  
500g snow peas  
500g broccoli  
250g yellow squash  
500g shredded cabbage  
4 slices tomatoes  
Filo pastry  
1 cup melted butter  
1 cup sour cream  
Salt & pepper

### Method

Blanch all vegetables. Butter 2 sheets of filo pastry, place fillet on and cover with 1/4 of blanched vegetables. Season with salt and pepper. Fold up, and with a pastry brush cover the pastry liberally with butter. Repeat process with rest of fillets and vegies. Once all have been done, place on a tray and bake in oven. When ready, serve with sour cream.

## Warm Bass Fillet Salad

### Ingredients

4 fillets cut into 10mm strips  
500g blanched snow peas  
1 punnet of cherry tomatoes, cut in half  
1/2 punnet of strawberries, cut in half  
1kg mixed mescoline lettuce  
1 sliced onion  
1/4 cup of honey  
1/2 cup of lemon juice  
1/2 capsicum, cut into julienne strips  
1 can crushed tomatoes  
1/2 cup pineapple juice  
2 passionfruit cut into quarters

### Method

Mix lettuce on a plate and add passion fruit and strawberries. Saute fillets and add onion, capsicum, tomato, pineapple juice, lemon juice and honey, cook for a few minutes. At last minute add blanched snow peas and cherry tomatoes and toss in a pan. When ready, pour over lettuce and serve.

## Fillet of Mangrove Jack with French Mustard

### Ingredients

2-150g skinless fillets  
1/2 tbsp French mustard  
1/2 tbsp melted butter  
1/2 tbsp lemon juice  
1 tbsp tomato sauce  
Salt and fresh crushed peppercorn to taste

### Method

Mix all of the ingredients together and brush over both sides of fish fillets. Place fillets into a greased pan and cook over low heat until fish flakes, turning twice only.

## Cod Sashimi

### Ingredients

Live Cod  
Japanese Soya Sauce  
Wasabi  
Lemon

### Method

1. Bleed fish on the neck and tail - scale and gut fish
2. Fillet and remove skin and bones
3. Slice thinly at a slant and arrange nicely on a plate
4. Serve with Wasabi, Soya Sauce and Lemon

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## Tailor

### Ingredients

1 whole cleaned tailor or 2 tailor fillets	8 fresh coriander leaves
3 cloves garlic - sliced thin	6 onion rings - sliced thin
½ lemon	3 tsp virgin olive oil
Salt and cracked pepper to taste	Aluminium foil

### Method

Cut 3 equally placed slits, approx 3-5 mm deep on one side of tailor only. Place the tailor on the aluminium foil, slit side up. Evenly spread coriander, garlic, onion and 2 thin slices of lemon over fish. Season with salt and pepper. Sprinkle juice of remaining lemon along with olive oil over top, ensuring juice and oil stays on aluminium foil. Fold and wrap fish in foil. Bake in oven preheated to 180 degrees for approx 45 minutes. Cooking time will vary on the size of the fish. Serve with freshly tossed salad or potato chips.

## Paupiette Of Whiting

### Ingredients

8 whiting fillets	Grated nutmeg to taste
½ lemon - juiced	8 blanched lettuce leaves
100ml light fish sauce	Cream
60g prawn paste (made from diced green prawn and egg white)	
Salt and cracked pepper to taste	

### Method

Season fillet with salt and pepper. Evenly spread prawn paste over fillets and sprinkle with lemon juice. Wrap and roll each fillet in a lettuce leaf. Cook in pan over gentle heat for approx. 7 minutes. Top with sauce, cream and nutmeg.

## Mediterranean Snapper

### Ingredients

2 snapper fillets or 1 whole cleaned squire	½ tsp dried mint
1 medium red tomato - finely diced	Salt & cracked pepper to taste
12 black pitted olives - finely diced	Plain flour
Pinch of dry crushed chilli to taste	¼ cup virgin olive oil
4 shallots - finely diced	1 tbsp virgin olive oil

### Method

Gently mix tomato, olives, chilli, shallots, mint, salt and pepper. Set aside. Lightly flour fish. Heat ¼ cup of olive oil in fry pan. Fry fish until cooked to taste. Transfer to plate. Keep warm. In clean fry pan heat 1 tbsp of olive oil. Add tomato, olives etc, mix to pan and stir fry until heated through, approx 1 minute. Evenly spoon mixture over fish. Serve with mashed potato or fresh salad.

## Poached Drummer Fillets with Mushroom Sauce

### Ingredients

6 skinless fillets	1/2 tsp salt	2 tbsp butter
6 black peppercorns	2 bay leaves	1 tbsp chopped parsley
2 shallots chopped	1 chopped celery stalk	1 chopped onion
<b>Mushroom Sauce:</b>	½ cup cream	Salt & pepper

### Method

Place ingredients except fillets in frypan and bring to the boil. reduce heat and simmer for 10mins. Place fillets in poaching liquid, cover with lid, cook for 10mins. In the meantime and in a seperate pan fry mushrooms and shallots in the butter for 5 mins. Add parsley, cream, salt & pepper to taste and cook until the mixture thickens. Place fish on a serving dish and pour sauce over. Serve immediately.

## King George Whiting Parcels with Salmon Caviar

### Ingredients

6 whiting fillets	2 spinach leaves (silver beet is best)
2 tsp salmon caviar	2 tsp chopped dill
1 lime, zested plus juice	½ tsp soy sauce
1 cup cream	¼ cup olive oil
1 cup plain flour	½ tsp cayenne pepper
¼ cup curry powder	1 cup white wine (dry)
1 tsp butter	

### Method

Bring medium sized pot half filled with water to a rapid boil. Submerge the two spinach leaves for 5-7 seconds. Remove; pat dry with paper towels, cut out the white stalk of the leaves. Combine flour, curry powder, and cayenne in a plastic bag. Put in the fish fillets and shake until well coated, remove from flour mixture. Heat olive oil in a sauce pan, add coated fish and lightly brown all over.

Remove from pan and cool. When fish has cooled, place each piece on a spinach leaf. Fold sides over and roll into a parcel. In a sauce pan put white wine, zest, juice, soy, butter and fish parcels on a low simmer. Cover and cook until liquid is reduced by two-thirds (keep a close eye on it). Remove lid, add cream and reduce the liquid until it leaves an even coat over the back of the wooden spoon. Add caviar and dill. Remove from heat and serve immediately.

Recommend an unwooded chardonnay with this dish.

## Thai Fish With Tamarind Sauce

### Ingredients

2 cloves of garlic - crushed with a pinch of salt	1 tsp of ground white pepper
1 tbsp of fish sauce	1 tsp of sugar
2 tbsp of safflower oil or olive oil	500g of cobia fillets

### Method

Combine the garlic, pepper, fish sauce, sugar and oil in a bowl. Marinate fish in this mixture for one hour. Grill or pan fry the fish for 8 - 10 minutes, or until cooked.

### SAUCE

#### Ingredients

4 tbsp tamarind water	2 tbsp palm sugar or raw sugar
2 tbsp of fish sauce (roasted)	1 fresh chilli - chopped or dried chilli powder
6 small shallots, sliced length ways and pan-fried in butter until cooked.	1 tsp of salt

### Method

In a small pan - simmer tamarind water, sugar and salt for approx 3 minutes or until sticky, just before serving, mix in fish sauce, chilli and cooked shallots. Place fish on a plate and cover with the sauce. Garnish with sliced lemon. Serve with side salad - separate. Serves 4