

WHOLE SNAPPER "ASIAN" STYLE

1. PICTURE RECIPES – Main courses - Seafood (September 2015)

Equipment and Tool needed:



Cutting board white / blue, Aluminium foil, Baking tray, Sautéing pan, Mortar and pestle, Citrus juicer, Peeler, Chef's knife, Fish knife, Mixing bowl, Scissors (not in picture)

Ingredients needed:



Whole Snapper gutted and scaled



Ginger fresh, Garlic cloves fresh, Lemongrass fresh, Lime leaf Kaffir fresh, Parsley flat fresh, Shallots Fresh, Star Anise, Mustard seeds yellow, Coriander Seeds, Chili ground, All Spices ground, Rock salt pink Himalayan, Black Pepper mill, Sugar white



Leek, Carrots, Celery, Onions, Mushrooms button, Lemon, Snow Peas, Tomatoes, Broccoli



Oyster sauce, Soya sauce, Sweet Soya sauce, Fish sauce, Shrimp paste, Sesame oil pure

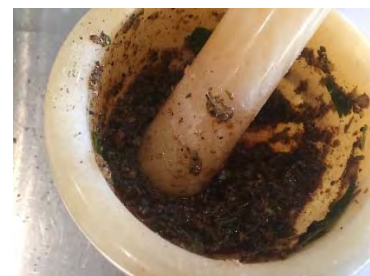


Preparation / Cooking: FISH



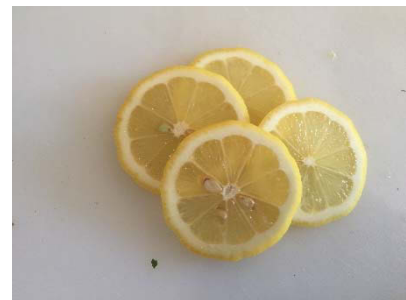
1. *With scissor cut off all fins and clip tail fin, ensure all scales have been removed.*
2. *Wash fish under running water, dry with kitchen paper*
3. *With a sharp knife (Fish knife) make a few diagonal incisions approx. ½ cm deep*
4. *Put in Baking tray, keep aside covered in refrigerator*

Preparation / Cooking: PASTE



5. *Toast Star Anise, Mustard seeds yellow and Coriander seeds in a sautéing pan (no oil) till all aromas and fragrances have been released (slightly smoke)*
6. *Add into Mortar and Pestle together with 1PC Garlic clove peeled, 5 GR Ginger peeled, ½ PC chopped up Lime leaf Kaffir, Chopped Parsley flat stems, Chili ground, All Spices ground, Sesame oil, Shrimp paste, Salt & Pepper.*
7. *Pound / make to a paste*

Preparation / Cooking: FISH continuing



8. *Take Fish out of refrigerator, marinate with paste (rub in with hands)*
9. *Make a knot into the Lemongrass, slice Lemons (see pictures)*



Preparation / Cooking: FISH continuing



10. *Stuff cavity with Lemongrass and sliced Lemons*
11. *Sprinkle with fresh Lemon juice*
12. *Set aside and let stand for 10-15 minutes so the Marinade can infuse the fish*

Preparation / Cooking: VEGETABLES / SAUCE



13. *Wash all Vegetables thoroughly under running water*
14. *Cut Ginger fresh into fine strips, Chop 2 PC Garlic cloves fine, Shred Celery fine*
15. *Cut Leek into fine strips*



16. *Slice Onions very fine, Cut ½ PC Lime leaf Kaffir into small strips*
17. *Cut Carrots into fine strips, Cut Snow Peas into fine strips*



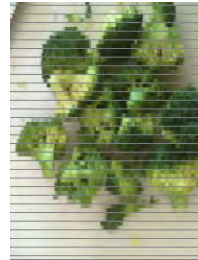
18. *Finely slice Mushrooms button*
19. *Add all vegetables into a bowl, mix well*
20. *Add Oyster sauce, Soya sauce, Sweet Soya sauce, Fish sauce, Sesame Oil, Lemon juice, Sugar white, mix well*



Preparation / Cooking: FISH continuing



21. Cover whole fish with Vegetable / Sauce mix, let rest / infuse for another 10-15 minutes
22. Pre-heat Oven to 220C (Conventional top / bottom heat)
23. Roughly chop Parsley flat, Cut Shallots and chop up Tomatoes



24. Before Baking add chopped Parsley, cut Shallots and Tomatoes
25. Cover with Aluminum foil, poke some holes and put into the preheated oven
26. Cut / prepare Broccoli



27. After 10 minutes add Broccoli, cover with Aluminum foil and continue baking in the oven for another 20 minutes (or till the fish is cooked)

Remarks / Comments:

-Snapper can be replaced by Barramundi, Ocean trout, etc...

-If desired fresh chili can be added to the recipe (replacing the chili powder)

-Served in the tray in the middle of the table (family style), serve with steamed or fried rice





Bon Appetite

Chef & Guide Dog User Martin

