

Tandoori Snapper



Method

Tandoori Paste Marinade: Dry roast all dry ingredients gently until a fantastic aroma comes from the spices (careful not to burn). Cool and pound in mortar and pestle. Add ginger, garlic with a pinch of sea salt, tomato paste and stir. Save 50g of yogurt and sour cream for a garnish later for plate. Add sour cream and yogurt to tandoori base. Score fish on skin side. Rub tandoori into the slits in the fish. Marinate fish for half hour only in the fridge.

Saffron fondant potatoes: Peel and slice potatoes into two inch slices. Cut circles out with a round cutter. Place in a frying pan and just cover your potatoes with fish stock, saffron and salt. Bring to the boil, reduce heat and cook until 90% of the liquid is gone. Add butter at this stage and glaze potatoes - keep warm until ready to serve.

Snapper: Cook snapper in olive oil - skin side down on moderate heat for $\frac{3}{4}$ of fish cooking time, turn, cook for a further few mins and turn off heat, leave the fish in the hot pan to finish cooking.

Snow Peas: Cook snow peas in boiling salted water for 45 seconds, drain, glaze with butter and season with salt and pepper.

Relish: Toss diced bananas, red onion, long red chilli, and diced avocado in a bowl with lime and lemon juice, mix with shredded coriander and mint, add a drop of olive oil.

Plate: Place snow peas on the plate, top with fish. Place 3 -4 saffron potatoes on plate. Smear some

mixture of yogurt and sour cream on the plate and place relish in the smear.

Ingredients:

4 x snapper fillets

Dry roasting

40g paprika

20 g chilli powder

20g cumin seeds

20g coriander seeds

10g turmeric

20g fenugreek seeds

10g grated nutmeg

10g cinnamon

Tandoori paste marinade

50mls lemon juice

2x table spoons of tomato paste

2x cloves of garlic (fine diced)

10g ginger (Fine diced)

100g yogurt

150g sour cream

Banana and avocado relish

1x banana diced

1x avocado diced

$\frac{1}{2}$ a red onion fine dice

1 small birds eye red chilli seeds removed (fine dice)

5 mint leaves sliced

Drop of olive oil

$\frac{1}{2}$ limes juiced

1 x table spoon lemon juice

Saffron fondant potatoes

4 x large desiree potatoes

40g melted butter

Enough fish stock to cover potato.

Pinch of saffron

Snow peas

200g snow peas

Nob of butter

Paul's Tips: 1. make relish last thing as it's much better when just cut. 2. You can use any fish for this dish but it works best with reef fish. Enjoy folks! Cheers!

Paul Breheny

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