

## Patagonain Toothfish Recipes October 2003

### BBQ Skewers of Lemongrass and Toothfish Serves 4

Preparation: 10 minutes      Cooking: 6 minutes

500g tooth-fish fillets  
4 stems of lemongrass  
2 tablespoons vegetable oil

#### Dressing

2 tablespoons low-salt soy sauce  
2 teaspoons sesame oil  
2 teaspoons grated ginger  
1 teaspoon sugar  
1/2 teaspoon lemon juice

Cut the toothfish into cubes approximately 3cm x 3cm. Allow 4-5 pieces per skewer.

Cut the lower base (approximately 10cm) away from each of the lemongrass stems. Reserve this piece for using in other cooking. Trim the top section and peel away a layer or two to form a skewer.

Use a small knife with a pointy tip to make a hole through the middle of each cube of fish then thread the cubes onto the lemongrass. Place onto a plate and rub over with the oil. Set aside.

Combine the dressing ingredients in a covered container and shake well to combine.

Place the skewers onto a pre-heated BBQ plate or char-grill (Best to use the solid plate not the open grill). Cook over a medium-high heat for 6-8 minutes turning occasionally. Alternatively pan-fry.

Serve with jasmine rice and fried onions and drizzle the dressing over the skewers.

**BBQ Thai Style Toothfish**      **Serves 4**

Preparation: 5 minutes (+ 20 minutes marinating time)

Cooking: 6 minutes

4 portions of tooth-fish approx. 150g each

Marinade

2 tablespoons light olive oil

2 tablespoons finely chopped coriander leaves

1 clove garlic, finely chopped

1 1/2 teaspoons red chilli paste

1/2 teaspoon turmeric

1/2 teaspoon finely grated lemon rind

Combine the marinade ingredients in a flat container or bowl and stir well to combine. Place the fish into the marinade and coat both sides well. Cover and allow to marinate for 20 minutes refrigerated, turn the pieces once.

Place the fish onto a pre-heated BBQ plate or char-grill (Best to use the solid plate not the open grill). Cook over a medium-high heat for 2-3 minutes each side depending on thickness.

Serve with green salad leaves and hot potatoes.

## **Toothfish with an Orange, Pistachio and Green Leaf Salad**

**Serves 4**

Preparation: 15 minutes

Cooking: 6 minutes

4 portions of toothfish approx. 150g each

1 tablespoon butter

2 teaspoons olive oil

### Salad

2 oranges

2 cups of baby salad greens or salad rocket

1 red onion, peeled, halved and thinly sliced

5 sweet basil leaves, finely shredded

1/4 cup whole pistachio nuts, shelled

2 tablespoon extra virgin olive oil

sea salt

cracked black pepper

Place the fish onto a plate and pat dry with paper towel.

Remove the rind from the orange then use a small sharp knife to trim away any remaining white pith. Take hold of the orange and, holding it over a bowl to collect the juices, begin to segment. (To do this, identify the small segments and use the knife to cut a v-shape along each of the veins. Remove the segment then work your way around the orange.)

Place the segments and juice into a bowl with the salad leaves, onion, basil and nuts gently toss to combine. Pour the oil over the salad and season with salt and pepper just prior to serving.

Heat the butter and oil in a large frying pan over medium-high heat. Cook the fish for 3-4 minutes each side depending on the thickness. Season lightly with salt and pepper and serve with the salad.

## Pasta of Toothfish, Bacon, Olives and Beans    Serves:4

Preparation: 10 minutes

Cooking: 6 minutes

350g Toothfish  
300g dried pasta (eg. penne)  
2 tablespoons extra virgin olive oil  
2 thick rashers bacon, fat trimmed  
1 red onion, thinly sliced  
140g baby green beans, trimmed and sliced  
6 black olives, pitted and sliced  
1 tablespoon shredded mint leaves  
1 teaspoon grated lemon rind  
2 teaspoons lemon juice  
sea salt  
cracked black pepper

Cut the fish into cubes approximately 2cm x 2cm and set aside.  
Place the pasta in a large saucepan of salted water and cook according to the packet directions, or until *al dente*.

While the pasta is cooking, heat 1 tablespoon of the oil in large frying pan. Cut bacon into pieces then add to the frying pan with the onion and cook over a medium heat for 2-3 minutes. Add the beans, olives and fish. Allow to cook for 3-4 minutes until the beans are tender and the fish is cooked through. (Turn the fish gently with tongs to do this.)

Just before serving add the mint, lemon rind and juice to the fish mixture. Season to taste.

Drain the pasta then combine with the fish and gentle toss to combine. Drizzle over the remaining oil.

Serve with green salad and crusty bread