

Asian Style fish parcels with shallots, ginger & soy dressing

Ingredients

serves 4

Fish parcels

400g white fish fillets
80ml (1/3 cup) Shao Shing* wine
80ml (1/3 cup) light soy sauce or Tamari
25ml Mirin
4 x spring onions, peeled, sliced on diagonal
2 cloves garlic, finely diced or sliced
20g piece Ginger, peeled, finely julienned
1/2 long red chilli, deseeded, finely sliced

Mash

750g kumera/ pumpkin/ potato or mix
salt and black pepper
optional clove garlic/ sliced shallots/ butter/
coconut oil or cream or desiccated

Blanched/ Stir fried Greens

5 cups mixed greens
eg broccoli, beans, snap peas, asparagus

To serve

Lime or lemon wedges & coriander sprigs
*Chinese cooking wine or Sherry (GF)

Method

Kumera mash

1. Wash and cut the kumera into 3cm pieces and place in a saucepan. Add water to just cover the kumera. Do not overfill as this extends the cooking time. Top with lid and bring to the boil. Reduce to a high simmer and cook 10 - 15 minutes until tender.
2. Drain water and return pan to heat and make sure all water has evaporated. Mash well. Taste and season as desired. Add garlic, shallots and or a little desiccated or creamed coconut and stir through.

Fish

3. Fish can be steamed* on the cooktop or in the oven.
4. Preheat oven to 180°C or refer to instructions for the cooktop below.
5. Combine Shao Shing, Soy Sauce & Mirin in a jug and set aside.
6. Skin, debone and cut fish into 4 even sized pieces (or ask the fishmonger to do this!)
7. Place 4 large square sheets of baking paper on the bench and top each with the fish, spring onions, garlic, ginger and chilli.
8. Pull the corners of the paper together to make a "pouch," squeeze and then reopen slightly.
9. Pour the marinade into the neck of the pouch and secure with string. Transfer to a baking tray.
10. Transfer the baking tray to the oven and cook for 15 - 20 minutes depending on the fish, thickness & oven. (Gemfish, Mahi Mahi & Trevalley take about 15 minutes. Barramundi & Snapper ~ 10 minutes.) Fish is cooked when inserted knife reveals white, non translucent flesh.)

*Cooktop, prepare a steaming basket and fill a deep frying pan 1/3 water and bring to the boil, reduce to a steady simmer. Place fish parcels in steamer and fit it to the top of the pan. Top with a lid and steam for 10 - 15 minutes.) This is the faster option.

Blanched/ stir fried Greens

11. Keep veg separate and cut into similar sized pieces and blanch in batches for 1 - 2 minutes or until just bright green. Transfer to a dish and keep warm. OR Heat a little oil in a frying pan or wok and add veg in order of slowest to fastest cooking time. Stir fry over high heat until bright green. Splash with any left over marinade from the fish.

To serve

Just before fish is ready, spoon mash into centre of plate with greens, lime and coriander. Open fish parcels, transfer fish from the parcel and present as desired. Pour over sauce.