



*More than a fishmonger!*

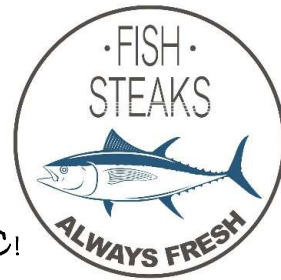
**COOKING GUIDE**

**828022290**



# BARRACUDA

*With coconut & pineapple beurrer du blanc!*



## INGREDIENTS

### Sauce

- 1/2 cup of pineapple juice
- Coconut Milk
- 1 cup dry white wine
- 1 tbsp. chopped shallot
- Butter cut into 1/2 inch cubes
- Salt & Pepper to taste

## PREPARATION

In a sauce pan, heat wine, juice, shallots and until it begins to boil. Reduce the liquid to two tablespoons. Strain the liquid, and return back to sauce pan on low heat. Add coconut milk and continue to whisk as you add butter cubs. When you throw in your last 3 cubes of butter, remove the sauce pan from heat and continue to whisk until the butter is melted. Save it on side. Season the Barracuda with salt and pepper and grill for around 4 minutes each side, you may use a bit of butter . If you like more cooked let it grill for more time. Serve with some green peas mash.





# MAHI MAHI

*With passion fruit and seafood!*



## INGREDIENTS

### Sauce

- 1/2 cup of Passion Fruit
- 1 cup dry white wine
- 1 tbsp. chopped shallot
- Butter cut into 1/2 inch cubes
- Salt & Pepper to taste

## PREPARATION

In a sauce pan, heat wine, passion fruit, shallots and until it begins to boil. Reduce the liquid to two tablespoons. Strain the liquid, and return back to sauce pan on low heat. Add the butter gradually and continue to whisk. When you throw in your last cubes of butter, remove the sauce pan from heat and continue to whisk until the butter is melted. Save it on side.

Season the mahi mahi with salt and pepper and grill for around 4 minutes each side. If you like more cooked let it grill for more time. Complement the dish with some seafood and mashed sweet potato





# SERRA

*With Corn Bread and Cilantro Crust!*



## **INGREDIENTS**

Corn Bread  
Coriander (cilantro)  
Garlic  
Olive Oil  
Sweet Corn  
Spring Onion  
Cumin to taste

## **PREPARATION**

In a food processor quickly blend the corn bread, coriander, garlic and bit of olive oil.

Pre heat the oven on 250°C.

Season the serra with salt and pepper and cover the top with the corn bread mixture dress with some more olive oil, take to the oven for around 20minutes. (time may vary with the fish steak size).

In a sauce pan, heat some finely chopped onions & garlic add the sweet corn, spring onions and coriander, season with salt black pepper and cumin to taste. Plate the crusted serra and the sweet corn and some roasted tomatos and lemon slices.





# MARLIN



*With basil pesto!*

## **INGREDIENTS**

### Sauce

- 2 cups fresh basil leave
- 1/3 cup nuts
- 1/3 cup freshly grated parmesan cheese.
- 3 cloves garlic
- 1/3 cup olive oil.
- 1 tsp fresh lemon juice
- Salt & fresh ground pepper

## **PREPARATION**

Mix together all of the ingredients and blend using a food processor. Season de Marlin with salt and pepper and grill for around 4 minutes each side, you may use a bit of butter . With the help of a fork check if the middle is raw. If you like more cooked let it grill for more time.  
Slice an avocado and lay the marlin steak over it. Dress with the basil pesto.





# TUNA BURGERS



*With Green yogurt sauce:*

## **INGREDIENTS**

### Sauce

- 2 tbsp. Coriander
- 2 tbsp. Basil
- 2 tbsp. Spring Onion
- 2 tbsp. Onion
- 1 tbsp. Mayonnaise
- 1/2 cup. Plain logourt
- Salt and pepper to taste

## **PREPARATION**

Combine herbs in a food processor and blend until a smooth paste forms. In a bowl, combine mayonnaise with yogurt and add the herbs paste. Season with salt and pepper. Save aside for future use. Grill the tuna burger for around 6minutes, serve the burger in bun over some sliced avocado, and topped with our green yogourt sauce and water grass leaves.





# TUNA

*With wasabi risotto!*



## **INGREDIENTS**

- Risotto
- 1 celery stick diced
- 1 leek diced
- Chicken broth (as needed)
- 1 bunch of spinach
- Arborio rice (1 cup)
- Parmesan
- WASABI ( to taste)
- 1/2 cup white wine
- Tuna
- Paprika
- Salt & Cayenne Pepper

## **PREPARATION**

In a sauté pan add olive oil, chopped leek and celery stick. Place the pan over medium heat. In a food processor blend the spinach with chicken stock. Add the Arborio rice to the pan, stir for one minute, then add plain chicken stock, enough to just cover the rice. Stir occasionally and every 5m you'll need to add more spinach broth. When it's al dente but , add white wine as the final liquid stage. Set aside. Take the tuna and season with paprika salt and cayenne. Sear the tuna for 30 seconds per side. Add parmesan to the risotto pan. Plate the risotto and slice the tuna.





# SALMON



*With tartar sauce!*

## **INGREDIENTS**

### Sauce

- ½ cup mayonnaise
- 3 tbsp chopped capers
- 3 tbsp chopped gherkins
- 1 finely chopped small onion
- 1 squeeze of lemon juice
- 3 tbsp chopped dill or parsley
- Salt and Blackpepper to taste

## **PREPARATION**

Mix together all of the ingredients in a small bowl and serve straight away or store in the fridge until needed.

Grill the Salmon steak for around 4 minutes each side. With the help of a fork check if the midle is raw. If you like more cooked let it grill for more time.

