

STEAMED BLUE EYE TREVALLA + FERMENTED MUSHROOM + SHISO + BAK KWA

Serving: 6 pax



Ingredients

Bak Kwa Oil:

- 500g of Bak Kwa (roughly chopped into small dices)
- 500ml of vegetable oil
- 2 cloves of garlic
- 2 Birds Eye chilli (split in half)
- 1 tablespoons of smoked paprika

Herb Salad:

- 30g of large shiso leaf
- 30g of Thai basil
- 30g of coriander leaf
- 30g of Vietnamese mint
- 10ml olive oil
- 30g of boiled black mushrooms (thinly sliced)
- 15g of salted vegetable (pickled mustard salt) (thinly sliced)

Steamed Blue Eye:

- 6 x 150g portions of Blue Eye Trevalla
- 15ml of olive oil
- 5g of salt

Broth:

- 500g of water
- 10g of chicken stock
- 10g of sesame oil
- 50ml of Chinese wine
- 10g of light soya sauce
- 5-6 slices of ginger
- 1 whole tomato
- 10g of sugar
- 3g of white pepper

- 10g chopped garlic
- 50ml of oyster sauce
- 30ml of pork lard oil
- 1 piece of sour plum (dried)
- 30g of salted vegetable (pickled mustard salt)

Method

Bak Kwa Oil:

1. Place all ingredients in a Thermomix.
2. Turn on the heat setting to 70 degrees and blend for 20 minutes.
3. Transfer the mix into a bowl. Cover with cling wrap and allow the flavours to infuse overnight.
4. Pass through a muslin cloth and keep refrigerated, ready to serve.

Herb Salad:

5. Pick all the herbs and wash thoroughly in ice cold water.
6. Using paper towel, pat the herbs dry, ensuring there is no water left.
7. Using a sharp knife, cut the shiso leaf into 2 mm thick pieces and place in a bowl.
8. Add the remaining herbs, black mushrooms and salted vegetable (pickled mustard salt).
9. Refrigerate. Prior to service, dress lightly in olive oil.

Steamed Blue Eye:

10. Lightly season the blue eye trevalla with a pinch of salt, then rub in olive oil.
11. Wrap the fish in cling wrap to protect the fish while steaming.
12. Steam at 60 degrees for 8 minutes.

Broth:

13. Pour the pork lard oil into a heated wok.
14. Add the garlic and stir fry till golden brown.
15. Add the water and the remaining ingredients.
16. Cook for about 2 minutes, ready to serve.

To Plate:

17. Place the steamed fish in the centre of a shallow bowl.
18. Garnish the fish with the fresh herb salad.
19. Pour the aromatic broth into the bowl (around the fish).
20. Drizzle with bak kwa oil.