

# Pan-fried Orange Roughy with citrus cauliflower salad, toasted sour dough, herb puree, pistachio nuts

*Orange Roughy has a delicate shellfish-like flavour profile with firm, pure white flesh high in Omega 3 Oil, pan-frying this fish brings out the flavour & the salad components complement the fish both texturally & in taste.*

## **Ingredients – Orange Roughy**

600gms Orange Roughy Fillet – 4 x 150gm portions  
30gms Butter  
30gms Cooking Oil  
Flaky salt & freshly ground white pepper to taste

## **Salad & Garnish**

120gms Cauliflower – large florets  
2 slices Sourdough Loaf (thick slices)  
1 Lemon  
1 Orange  
20 Pistachio Nuts – Toasted & roughly chopped  
20 Capers  
12 Basil Leaves (med sized)  
12 Chive Spears – approx 20mm long  
12 Saffron Threads  
30mls Extra Virgin Olive Oil  
Broccoli Flowers - optional  
Red Mizuna (baby leaves) – optional

## **Herb Oil**

1/3 cup (loosely packed) Fresh Parsley sprigs  
1/4 cup (loosely packed) Fresh Tarragon Leaves  
1cup (loosely packed) Spinach Leaves  
1 cup Canola Oil

Makes 4 Main Course Portions

## **Method to cook the Orange Roughy**

- Pre-heat a frying pan (preferably an iron skillet or a Teflon coated fry-pan), set on a high heat.
- Ensure the Orange Roughy portions are patted dry on all sides with a cloth or paper towel before pan frying, season the Orange Roughy just prior to frying.
- Place the oil in the pan, allow 30 sec before carefully placing the Orange Roughy in the fry pan, the fish should be sizzling (if not the pan is not hot enough).
- Allow the fish to go a light brown/caramelized colour then add the butter & turn the heat down slightly. Cook for approximately another 20-30 sec then turn the portions over. Cooking time will depend on the thickness of the fillets but a good indication that the fish is cooked, is if a white protein liquid leeches out of the side of the Orange Roughy fillet, this indicates that it is cooked completely through.
- Orange Roughy has a firm texture however overcooking will result in a dry eating product.
- When you feel the Orange Roughy is cooked spoon some of the oil/butter over the portions & remove from the heat.



## **Salad & Garnish**

- Bring a small pot of salted hot water to the boil, blanch the cauliflower in the boiling water till tender to the bite, refresh in ice water & drain.
- Segment both the lemon & the orange & reserve the segments into a container till plating, squeeze the juice from the left over orange/lemon & also reserve into a container.
- In a small sauce pan add the saffron & warm slightly, this allows the oils, colour & flavour to release; remove from the heat then add the citrus juice. Slice the cauliflower & allow it to marinate in the citrus juice, it should flavour & colour the cauliflower. Leave the cauliflower in the citrus juice till you are ready to serve, the juice will form the base of a dressing.
- Shake dry the capers & fry in a small shallow fryer until crisp, place on a paper towel & reserve till plating. Basil leaves can also be fried at this stage, fry till crisp & reserve with the capers.
- Brush the sour dough with olive oil & lightly toast in a pan or oven. Once cooled rip the bread into small pieces.
- All the components of the salad & garnishes can be assembled when plating.

## **Herb Oil**

- Blanch the herbs & spinach leaves in a pot of boiling water for 20 seconds then refresh in ice water. Remove the herbs/spinach from the water & squeeze excess water from them.
- Place the herbs into a food processor & blend, slowly adding the oil, Blend till oil is a strong green colour. Reserve in a container till required.

## **Completing the Dish to Serve**

- Warm 4 plates, place one cooked Orange Roughy fillet on each plate.
- Strain the cauliflower from the citrus juice, mix the juice with the remaining olive oil & season to taste to make a dressing.
- Evenly assemble the salad & garnish components on each fillet & dress the fillet with the citrus dressing, spoon a little herb oil on each plat & serve.