



FLAVOUREFUL FISH TO THE FLAME

Butterfish – otherwise known as rock gunnel – is famed for its tender, buttery texture – hence the name. It’s mild flavour makes it ideal for creative treatments in the kitchen – and who better to do that than our very own award-winning chef, Joe Antonishek. This recipe was featured in food magazine Exquisite – and we can confirm that it is truly deserving of the recognition!

Butterfish Aburi (Flame Grilled) Recipe

Assembly:

Prep Time
10 minutes

Torch Time
1 Minute

Portions
8ea.

Ingredients:

- 1 recipe Butterfish, cured Torch
- 1 recipe Sugar cane coconut dressing
- 30 grams Shallots, thinly sliced
- 4ea. Cabe Rawit Hijau (Green Chilli), thinly sliced
- 6ea. Curry Leaves, fresh, julienne
- 12ea. Matoa Fruit, peeled, seed removed
- 60 grams Jicama, peeled, small dice
- Lime, whole (micro plane at the end)
- Sprinkle Coarse Sea Salt
- Garnish Edible Flowers

Method:

- Place the butterfish on a metal tray and torch lightly on all sides.
- Transfer the torched butterfish to a cutting board and slice thin in the sashimi style.
- In a shallow dish, evenly divide the jicama on the bottom.
- Place the sliced butterfish in a fan on top of the jicama.
- Add the cabe rawit, and curry leaves to the sugar cane dressing, lightly dress each dish over the fish filling the bottom of the dish up to halfway on the jicama.
- Add one and half matoa fruit to each of the dishes.
- Divide the shallots evenly between the dishes.
- Micro plane a little bit of fresh lime zest over each dish.
- Garnish with edible flowers.
- Sprinkle coarse sea salt on each slice of the butterfish just before serving.



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Salt Cure- Butterfish

Prep Time
15 minutes

Cure Time
up to 1.5 hours

Ingredients:

- 500 grams Butterfish, filet, no skin, fresh
- 200 grams Volcanic Salt, Java
- 250 grams Sugar, white/caster
- 50 grams Pink Peppercorns, crushed
- 6ea. Curry Leaf, fresh, julienne

Method:

- In a mixing bowl combine the salt, sugar, and spices- mix well.
- Line a shallow dish with plastic wrap and evenly spread out 1/3rd of the salt mixture.
- Place the butterfish filet on top of the salt mixture.
- Cover the butterfish with the remaining salt mixture packing it on the sides to completely cover the flesh of the fish.
- Fold up the plastic wrap around the salt crusted fish and twist up to tighten.
- Place in the fridge for up to 1.5 hours until the fish begins to feel slightly firm but not dry.
- Remove the fish from the plastic wrap and rinse under cool water to remove the salt mixture.
- Pat the fish dry with paper towel and rewrap in plastic wrap and place in the fridge until ready to assemble.

Sugar Cane Coconut Vinegar Dressing

Prep Time
15 minutes

Rest Time
30 minutes

Ingredients:

- 250ml Sugar Cane Juice, freshly squeezed
- 150ml Coconut Vinegar
- 2ea. Cabe Rawit, hijau, thinly sliced
- 4ea. Curry Leaf, fresh, julienne
- 5 grams Sugar
- 1ea. Lime Juice, fresh
- Pinch Sea Salt
- To Taste White Pepper, freshly ground

Method:

- Combine all the ingredients in a mixing bowl.
- Season to taste with salt and white pepper.
- Place in a covered container and store in the fridge for 30 minutes to macerate flavors.