

Pan Roasted Barramundi Fillet with Mussels and a mussel Beurre blanc.

160g skinless barramundi fillet (1 piece is approx 160g)
1 oak lettuce
1kg fresh mussels (approx 4 servings)
30g garlic
1 carrot
1 onion
2 french eshallot
200ml pure cream
200g butter
olive oil
1 lemon
salt
pepper
2 cups of white wine



In one pot add olive oil, roughly chopped carrots, 1 onion (chopped), and one glove of garlic. When the pot has come to a high heat add the washed mussels and 2 cups of white wine, put a lid on for 5 mins and set aside. When the mussels have cooled, pick the meat out discarding the shell but keeping that beautiful mussel stock. Set aside.

In a warm to medium heat pan add some vegetable oil and season your barramundi with salt and pepper. Add barramundi to the pan when at an appropriate temperature (do not smoke the oil). Cook on one side until golden brown and place in the oven for 7 mins at 200'c.

While the barramundi is cooking, in a pan add finely chopped french eshallots, 15g of minced garlic and some oil, sweat off for about 3-4mins until soft. While the garlic and onions are cooking add 80ml of that mussel stock and reduce slightly. Add cream and warm until just hot. With a whisk, mix the butter in the cream little bit at a time (the temperature must be warm NOT HOT). The butter will start to thicken the sauce, season with salt and pepper, lemon zest and a squeeze of lemon juice.

To finish, Place the remainder of the butter in a small pan and wilt the oak lettuce with salt and lemon zest. Arrange in the middle of the plate and pour the sauce in front your guests.

Bon appétit.