

Apoorva Kunte
Executive Chef: The Westin , Melbourne

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Pan-fried Blue-eyed Trevalla, White cannellini bean puree, Tom yum glaze, Parsnip chips and crispy Chickpeas



Ingredients:

Blue eye trevalla (skin on, pinned) : 180-200 gms

White cannellini beans (soaked, boiled): 80 gms

Soaked and boiled chickpeas: 10 gms

Lemon thyme: 1 gm

Olive oil: 10 ml+ 10 ml

Chopped white onion: 10 gms

White wine: 10 ml

Tom yum paste: 20 gms

Sugar: 5 gms

Parsnip curls (using a peeler): 10 gms

Green herb oil: 5 ml

Micro herbs for garnish: Amaranth and Bronze fennel fronds

Butter: 5 gms

Oil: to fry

Olsson's sea salt : 10 gms

Basil Salt : 5 gms

Water: 100 ml

Potato starch slurry (in water) : 3 gms

Method:

For the white cannellini bean puree:

1. Heat up a pan, add the olive oil lemon thyme and allow to get the flavour, remove thyme springs. Add the chopped onion and sweat. deglaze with white wine and add the boiled mushy beans.
2. Remove and blend thru a Vitamix/thermomix by adding 10 ml olive oil and some warm water, salt to make smooth puree. Keep warm

For basil salt:

1. In a GN tray rub together fresh basil+ Olsson's Sea salt (1part basil:3 parts salt). Put in a pre-heated 120-degree C fan forced oven and air dry for 1 hr. Leave overnight. use as required to season.

For crispy chickpeas:

1. Heat oil in fryer, add the boiled chickpeas and fry till crispy. Sprinkle with the crushed basil salt.

For parsnip chips:

1. Flash fry the parsnip curls made using a peeler, in the hot frying oil. Drain on kitchen towel when they are golden brown around the edges and leave overnight to under a heat lamp /dehydrator to further crisp. Use as garnish.

For Tom Yum glaze:

1. In a sauce pan fry Tom yum paste, add sugar and 100 mls water. Bring to a boil and thicken with potato starch to a glaze consistency. Keep warm.

For the fish:

1. Salt and dry the skin of the trevalla with a kitchen paper towel.
2. Heat a pan add butter + oil, Panfry skin side down for 2 minutes on medium heat.
3. Put in a preheated 180-degree oven for 8 minutes.
4. Drain on kitchen towel and plate.

To bring the dish together:

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1. Use a warm plate and spoon the white bean puree.
2. Place the pan-fried fish on top.
3. Spoon tom yum glaze around.
4. Spoon the green herb oil
5. Carefully sprinkle crispy chickpeas and place parsnip chips around the fish .
6. Garnish with micro herbs and serve.