

FLATHEAD WITH POTATO MOUSSE, SCALLOP AND SPICED SEAWEED CRUMBLE

GERARD'S BAR AND BISTRO



INGREDIENTS

1x large flathead filleted
500ml quality fish stock
2x large sebago potatoes
200ml whole milk
200g butter (plus 50g reserved)
200g Cloudy Bay diamond shell clams
200g scallop meat
Panko crumbs
One clove garlic
50ml fish sauce
1 ltr veg oil
Wakame powder
1x lemon

METHOD

Roast the potatoes, in their skins, on rock salt (*to diffuse the heat from the tray*) at 180° until very soft.

Remove and cut the potatoes in half then press them through a fine strainer into a saucepan, discarding the skins. Season with sea salt and, working quickly, beat in the smoked butter incrementally until smooth. Add milk slowly while whisking until a soup like consistency is achieved (*you may not need all milk*). Adjust the seasoning, pass through a fine strainer and pour into a cream charger until 2/3rds full. Screw on the lid and charge the gun with two charges, shaking vigorously. Reserve in a warm place.

Split the flathead fillets down the bloodline, remove all bones and portion into small barrels. Marinate any trimmings (*thin tail pieces and off-cut*) with the fish sauce.

Put the scallop meat and a good pinch of salt into a blender and blitz until smooth.

Roll teaspoon amounts out in between sheets of glad wrap with a rolling pin until thin and uniform.



Heat about 800ml of oil in a saucepan to about 150°.

Pat dry the fish off-cut and fry for around 10 minutes.

Drain well and allow to cool. When cool, grind the fish in a mortar and pestle or small blender until a fine fur or “floss” is achieved.

Gently heat a large glug of oil in a saucepan. Smash the garlic clove with the flat of a knife and gently sauté. Add the bread crumbs and toast while shaking and stirring vigorously, until golden brown, then mix in the fish floss. Allow to cool slightly then drain on paper towel. Finely grate the lemon zest into the crumb. Add a teaspoon of wakame powder and adjust seasoning, reserve.

Reduce the fish stock until evaporated to around 80ml (*about three to four tablespoons*).

Using an oyster shucker, shuck the clams, discarding the shells and reserving all meat and juices.

Heat the remaining oil in the pan over a medium heat and cook the flathead, skin-down, for around four minutes. Turn and finish cooking for around another four minutes. Remove from pan and rest.

Add another 80ml of the clam juice to the reduced fish stock and bring to the boil. Add the reserved cold butter and whisk to emulsify. Season with salt and lemon juice.

Add the clam meat to warm through.

Set up a bamboo steamer and steam the scallop paper for around 2 to 3 minutes to cook.

To serve, arrange the flathead fillets on a high sided plate, discharge the potato mousse in scattered mounds then dress the fish with the sauce and clams.

Remove the scallop paper from the cling wrap and veil the dish with it.

Sprinkle the crumb over the top and serve.

