

Miele

Crispy skinned fish with roasted capsicum sauce

By Miele

15 minutes, plus resting time

Preparation Time

30 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Crispy skinned fish

2 x 500 g fish fillets
Salt flakes and pepper, to taste
Olive oil spray

Roasted capsicum sauce

2 red capsicums, halved
1 Roma tomato, halved
½ red onion, sliced thickly
1 long red chilli
1 tbsp red wine vinegar
2 tbsp olive oil
Salt flakes and pepper, to taste

To serve

½ red onion, thinly sliced
½ tsp salt flakes
½ tsp sumac
¼ cup roughly chopped parsley
2 tbsp chopped dill
1 lemon, quartered
½ cup green olives
Eggplant chips, if desired

METHOD

Crispy skinned fish and eggplant chips

1. Dry the fish skin by patting dry with paper towel. Using a sharp knife score the skin making 3 marks evenly spaced across each fillet. Place the fish in the fridge for 1-4 hours to dry out the skin.
2. Place into the combi steam oven and bake for 15-20 minutes, or until browned and crisp.
3. Remove the fish from the fridge and pat again to remove any excess moisture.
4. Preheat the combi steam Pro oven to Combi Grill setting 3 + 0% moisture.
5. Sprinkle the fish skin lightly with salt flakes and place, skin side up, on a grilling and roasting insert in a universal tray.
6. Place the tray on the highest shelf in the combi steam Pro oven and grill for 10 minutes, or until the fish is cooked through and the skin is crisp. Remove from the oven and rest for 3 minutes.

Roasted capsicum sauce

1. Place the capsicum, tomato and onion on a universal tray. Place on the top shelf in the combi steam oven and Grill on Level 3 + 20% moisture for 15 minutes, or until lightly charred and soft.
2. Cool slightly and remove the skin from the capsicum.
3. Blend or process the charred vegetables with the remaining ingredients and season to taste.

To serve

1. Place the onion in a small bowl and sprinkle with the salt and rub the salt into the onion with your hands. Rest for 5 minutes and combine with the sumac, parsley and dill.
2. Serve the crispy skinned fish with the roasted capsicum sauce, herbs salad, lemon wedges, some olives and eggplant chips, if desired.

Hints and tips

- The fish can be cooked in the oven on Full Grill at 230°C for 10 minutes, or until cooked through.
- Choosing sustainable fish is an important way to support healthy ocean ecosystems and promote responsible fishing practices. Ask your fishmonger for sustainably caught fish. We used line-caught snapper in this recipe, however barramundi or Hapuka can also be used where sustainable.