

Miele

Steamed fish with pistachio butter, served with potato pavé

By Miele

30 minutes, plus overnight cooling

Preparation Time

2 hours, 40 minutes

Cooking Time

8 serves

Serves



INGREDIENTS

Potato pavé

1.4 kg potatoes, medium to large,
dry variety like agria, russet
125 ml (½ cup) thickened cream
1 ½ tsp salt flakes
8 tbsp neutral cooking oil

Fish

1 tbsp fine salt
1 tbsp white sugar
8 x 200 g white fish fillets,
preferably
thick fillets like Ling,
Grouper,
Butterfish, Hake
100 g unsalted butter
25 g pistachios, roughly
chopped
Salt flakes, to taste

Chunky salsa verde

50 g cornichons, chunky
cut
20 g salted capers, rinsed
well
1 small garlic clove,
crushed
1 anchovy, crushed
1 tsp Dijon mustard
3 tsp white wine vinegar
60 ml extra virgin olive oil
15 ml lemon juice
25 g (½ cup) roughly
chopped mixed
fresh herbs, flat-leaf
parsley, dill,
tarragon, chervil
Salt, to taste

Sumac salt

1 tbsp sumac
1 tbsp salt flakes

METHOD

Potatoes

1. Peel and wash the potatoes and trim the ends to a flat edge. Slice the potatoes as thinly as possible with a mandolin.
2. Add the cream to a large bowl and season with salt. Toss the potatoes in the cream so all of the slices are evenly coated.
3. Line a 1.25 litre loaf tin or similar ovenproof dish made of metal, with baking paper allowing ample overhang for the paper to be folded back over to cover the top.
4. Layer the potatoes evenly into the tin, keeping the layers as flat as possible.
5. When the top layer of potatoes is even, fold the baking paper back over the top and cover tightly with foil.
6. Place into the oven on shelf level 2 and cook on Fan Plus at 160°C for 2 hours, or until a skewer can slide easily into the potato. Remove from the oven and allow to cool.
7. Weigh down the potatoes using a similar-sized loaf tin or a piece of cardboard cut to size and something heavy on top such as tins of tomatoes. Refrigerate overnight.
8. Carefully remove the potatoes from the tin and cut into eight portions or thinner chip-like pieces.
9. Heat a gourmet oven dish on medium-high heat, induction setting 7 for 5 minutes. Add oil and portions of potato. Cook for 8-10 minutes, or until browned.
10. Turn each slice of potato and cook for a further 5 minutes or until browned. Keep warm until required.

Fish

1. Mix the salt and sugar together and sprinkle over the fish, place in the fridge for 20 minutes.
2. In a bowl of iced water, rinse the salt and sugar off the fish and dry well.
3. Arrange the fish in a lightly greased or baking paper-lined perforated steam container. Place in the steam oven with an unperforated steam container underneath. Steam at 55°C for 30-40 minutes, depending on thickness.
4. Meanwhile, heat the butter in a small saucepan on medium heat, induction setting 6 for 5 minutes with a lid covering 2/3 of the saucepan. Remove from the heat and allow to cool for 5-10 minutes. This will allow any solids to settle. Pour into a bowl, discarding the solids. Stir in the pistachios and season to taste.

Chunky salsa verde

1. In a medium bowl, gently combine all ingredients, except the lemon juice, olive oil and salt. Add the lemon juice, olive oil and salt, to taste.

To serve

1. Place the fish on warmed serving plates and spoon over the warm pistachio butter. Arrange the potato pavé to one side of the fish and season with combined sumac and salt flakes.
2. Drizzle chunky salsa verde around the plate.

Hints and Tips

- The fish can be cooked in the combi steam Pro oven on Combi Grill setting 3 + 8-10 minutes + 100% moisture, with the butter spooned over the top.
- The slices of potato can be cooked in the combi steam Pro oven. Bring to room temperature as this helps to separate the layers to create a ruffled golden crust. Brush lightly with oil and select Combi mode: Fan Plus at 230°C + 15 minutes + 0% moisture + preheat on. Once cooked, turn the pavé and cook for a further 15 minutes.