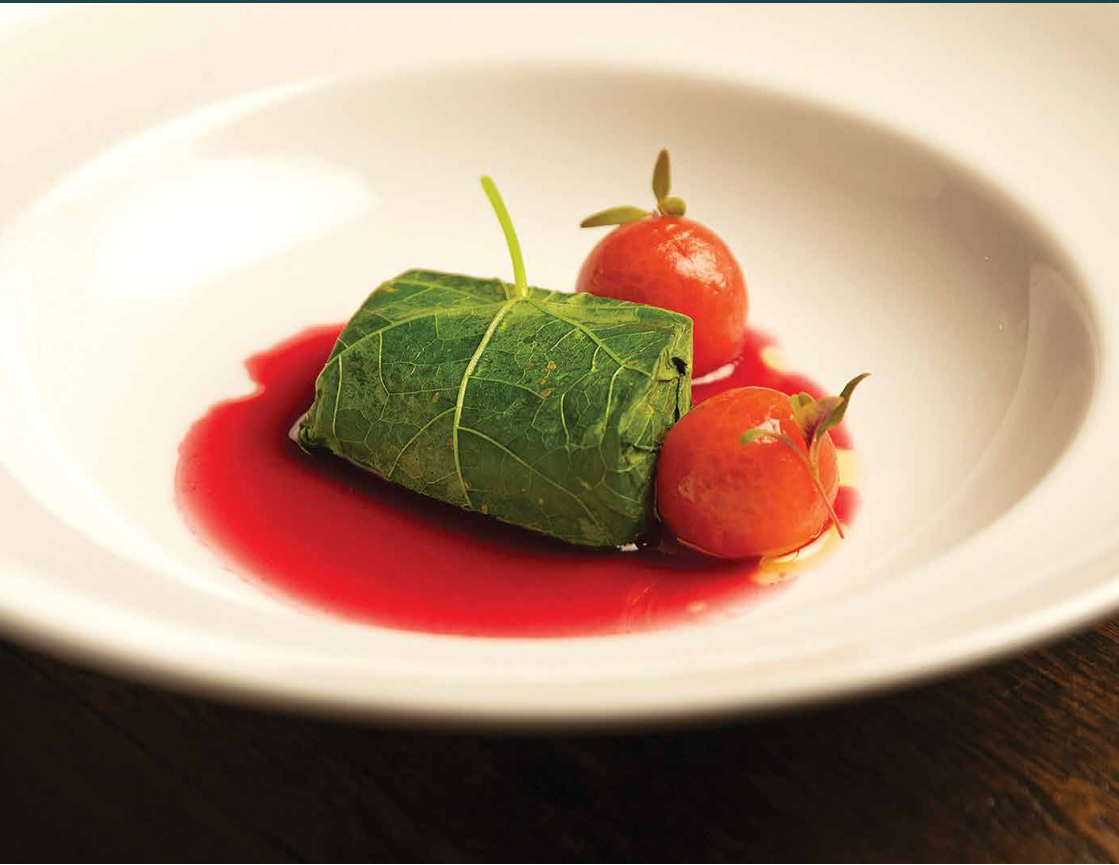


STEAMED AQUANA COD WRAPPED  
IN NASTURTIUM, CONFIT TOMATOES  
AND BEETROOT DASHI



*Life tastes better our way*



AQUNA  
Sustainable Murray Cod



## INGREDIENTS

2 x 150g portion of Aquana Murray Cod (filleted, pin boned and portioned – skin off)  
2 x large nasturtium leaves  
10 x large cherry tomatoes  
200mL olive oil  
1 x sprig of Thyme  
1 x piece of dried kombu (seaweed)  
20g katsuobushi (dried bonito flakes)  
1.2L water  
1 x large beetroot (fresh)

PREP: 45 MINUTES

COOK: 30 MINUTES

SERVES: 2 PEOPLE

## METHOD

### DASHI

1. Soak the kombu in the chilled water for 2 hours.
2. Juice the fresh beetroot with a juicer, set juice aside.
3. Place water and kombu in a medium pot and bring to the simmer, remove kombu just as the water begins to simmer. Note: do not boil as it will create bitter flavours and lose its delicacy.
4. Add katsuobushi and remove from the heat. Allow to stand for 5 minutes and then pass through a fine mesh strainer.
5. Add beetroot juice to colour and taste (roughly 100mL).

### CONFIT CHERRY TOMATOES

1. Score the cherry tomatoes with a paring knife (make a small cross on the bottom of each tomato) and blanch for 15 seconds in boiling water, add tomatoes to iced water to chill.
2. Remove skin.
3. In a small saucepan heat olive oil until 60°C.
4. Add tomatoes and thyme to the oil, keep at 60°C for 15 minutes.
5. Allow to cool in the oil.

### FISH

1. Heat a medium pot with a bamboo steamer on top.
2. Wrap each portion of fish with the nasturtium leaf making sure to tuck the excess of the leaf underneath the fish.
3. Place fish on greaseproof paper and steam for 8 – 10 minutes.

### TO ASSEMBLE

1. Place cooked fish in a bowl.
2. Place two confit cherry tomatoes around the fish.
3. Place 50ml of the beetroot dashi in a small pouring vessel.
4. Pour the dashi over the fish at the table.



P: +61 269 625 470

W: [WWW.AQUNA.COM](http://WWW.AQUNA.COM)

RECIPE #15



**AQUNA**  
Sustainable Murray Cod