

# SMOKED AQUNA MURRAY COD, BUCKWHEAT BLINIS, CRÈME FRAICHE



*Life tastes better our way*



**AQUNA**  
Sustainable Murray Cod



## INGREDIENTS

### FISH

1 x 250g piece of smoked  
Aquna Murray cod  
200g crème fraiche  
50g unsalted butter (for cooking)

### BLINIS

100g plain flour  
35g buckwheat flour  
7g Salt  
125g milk (warm)  
80g sour cream  
1 egg yolk  
7g fresh yeast  
50g cooked potato (cooked and  
passed through a potato ricer)

PREP: 30 MINUTES  
COOK: 20 MINUTES  
SERVES: 6 PEOPLE (canapé)

## METHOD

### BLINIS

1. Sift dry ingredients into a large bowl.
2. In a separate bowl whisk all wet ingredients until well combined.
3. Gently mix in dry mixture into wet without making lumps.
4. Fold through cooked potato.
5. Cover the bowl with cling wrap and place in a warm part of the kitchen to allow the mixture to double.
6. Heat a large, heavy based fry pan over a medium-low heat and add a tablespoon of butter.
7. Add a spoon of the mixture into the pan. Cook over a medium to low heat until bubbles begin to appear on the top of the blinis.
8. Turn the blinis and cook for a further 1 minute or until golden brown. Repeat (you can cook 3 or 4 blinis in the pan at the same time).

### TO ASSEMBLE:

1. Slice the fish into slices.
2. Spoon the crème fraiche onto the blinis.
3. Add a slice of the smoked Aquna Murray cod.
4. Garnish with some fresh herbs .



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RECIPE #13



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