

BBQ AQUNA MURRAY COD FILLETS, CHIMICHURRI, OX HEART TOMATO & PEACH SALAD




Recipe by
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Life tastes better our way



AQUNA



This recipe is full of summer vibes.
Just peachy and delicious —
a little intriguing!



INGREDIENTS

4 x 200g Aquna Murray Cod fillets
Extra Virgin olive oil, for brushing
Sea salt flakes
70g ghee

CHIMICHURRI

2 tbsp fresh oregano leaves
1 tbsp thyme leaves, picked
1 tsp rosemary leaves, picked
2 tbsp coriander leaves,
coarsely chopped
110g flat parsley, coarsely chopped
400ml extra virgin olive oil
1 tbsp sweet paprika
1 tsp chilli flakes
2 tbsp garlic, grated
1 bay leaf, crushed
75ml red wine vinegar
110ml roasted red peppers, finely diced
1 birds eye chilli
60ml Lemon juice
Salt & black pepper

TOMATO & WHITE PEACH SALAD

175ml extra-virgin olive oil
50ml Chardonnay vinegar or white-wine
vinegar with a pinch of sugar
3 large ox heart tomatoes sliced
3 ripe white peaches sliced
Sea salt flakes
Cracked black pepper

METHOD

1. For the chimichurri, place the oregano, thyme and rosemary in a mortar and pound lightly. Warm the olive oil in a small saucepan until it's hot enough to touch. Remove from heat and stir in the bruised herbs, plus all the remaining ingredients, including the chilli. Leave the parsley out until the salsa is needed.
Tip: Resist the urge to chop all herbs. Whole leaves quietly perfume the oil, and then explode with flavour when bitten into.
2. Taste for seasoning. Leave to infuse for an hour at room temperature.
3. To prepare the Aquna fillets, place the fillets onto a wire rack and in the refrigerator uncovered for at least an hour prior to cooking.
4. Prepare a charcoal grill, making sure the grill is hot and the charcoal has cooked down to hot embers. Gentle heat is required. Take care not to overload your grill with too much charcoal with coals spread evenly across the floor of the grill.
5. Brush the skin of the Aquna fillets with a oil and season with salt flakes.
6. Place directly into a wire rack set over the hot grill, skin-side down, and top with a fish weight or a saucepan for even heat transfer and colouration on the skin.
7. Cook over a gentle heat for 10–12 minutes until the skin is evenly coloured and the flesh is translucent and registers 44–45°C (111–113°F) on a probe thermometer. It's important to move the weight around every few minutes to conduct enough indirect heat to cook the fish gently. If the fillet requires further cooking, place over the grill, flesh-side down for a further minute.
8. Remove the rack from the heat. Then turn, the fish over to the flesh-side to allow the residual heat from the rack to gently finish the cooking. Brush with oil, and season further with flake sea salt across the skin.
9. Use an offset spatula to carefully transfer the fillets to a large serving platter and position over the top of chimichurri.

Finally, for the salad, combine the olive oil and vinegar together in a bowl. Season the tomatoes well with salt and pepper and arrange on a serving plate with the peaches. Whisk the dressing to combine, then spoon over the tomatoes and peaches.

