

WHOLE BBQ AQUNA MURRAY COD, SMOKED GREMOLATA & CABBAGE SALAD



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Life tastes better our way



AQUNA

This is a delicious whole barbecue Aquana recipe with a zesty Italian herb sauce (gremolata) for entertaining family and friends.



INGREDIENTS

1 x whole 800g Aquana Murray Cod, gutted & scaled
100ml Extra Virgin olive Oil
Sea salt flakes and freshly cracked black pepper

GREMOLATA

300g good quality tinned hot smoked sardines, bones removed (optional), finely chopped
Zest and juice of 4 lemons
3 garlic cloves, finely grated
100g fresh horseradish, finely grated
300ml extra-virgin olive oil
Sea salt flakes and freshly cracked black pepper
20g flat parsley leaves

CABBAGE SALAD

3 packed cups of finely shredded white cabbage
1 cup parsley, coarsely cut

BUTTERMILK DRESSING

250g mayonnaise
150ml buttermilk
30g Dijon mustard
3g onion powder
25ml apple cider vinegar

PICKLED CURRANTS

100g dried currants
150ml red wine vinegar to cover

SALT & VINEGAR PEPITAS

125g pepitas
50ml sherry vinegar
Pinch of salt

METHOD

1. Remove Aquana Murray Cod from packaging. Wipe it thoroughly inside and out. Place on a wire rack in the refrigerator. Allow the fridge fan to dry the skin out overnight.
2. The next day, place the Aquana in the centre of a cutting board and begin to scissor the fins from the top of the fish and from the collars on both sides.
3. To make the gremolata, place the sardine meat, lemon zest, garlic, horseradish, and olive oil in a bowl. Stir to combine. Season to taste with salt, pepper, and lemon juice. Set aside at room temperature.
4. For the charcoal grill, make sure the grill is hot and the charcoal has cooked down to hot embers. Divide the coals across the floor of the charcoal grill to create a cooler side and a more intense side.
5. Remove Aquana from the refrigerator at least 30 minutes prior to cooking. Brush the skin of the body and head with oil. Season liberally with salt flakes. Place the body of the fish, skin-side down, on a cake rack that sits on the grill bars over a high heat. Cook for 3 minutes on each side, or until nicely coloured, then move them both to the cooler side of the grill.
6. Cook the body, for approx. 10 minutes on both sides, or until a probe thermometer inserted into the thickest part of the fish reaches 42°C (107°F). Remove from the heat and set the wire rack over a tray to rest.
7. While the fish is resting, stir the parsley through the gremolata.
8. On a large plate, spoon the gremolata into the centre of the plate. Place the rested grilled Aquana on top.

CABBAGE SALAD

1. For the buttermilk dressing, Combine ingredients together in a mixing bowl, thoroughly.
2. For the pickled currants, lace currants in a container and cover with vinegar. Best marinated for 1 day prior.
3. For the salt & vinegar pepitas, combine all ingredients in a baking tray and mix. Set oven to 150°C (302°F) and bake for 5 minutes at a time, stirring every 5 minutes. Bake until all liquid has evaporated, and a uniform golden-brown colour is achieved.
4. To assemble the salad, place the shredded cabbage and herbs into a large mixing bowl and dress liberally with the buttermilk dressing until it resembles a coleslaw.
5. Add pickled currants, to taste, and then a handful of the pepitas. Serve immediate

