



*Oven roasted Snapper fillet
with karengo fronds on a bed
of Makoikoi and Tutaekuri
(Urenika) Maori potatoes*

Serves 4

Ingredients

Snapper Fillets - Skin on (scaled)

4 fillets 150 - 180gr portions

Karengo Fronds 1 x 25grm packet

Makoikoi Potato - 400gr approx

Tutaekuri (Urenika) Potato - 400gr approx

Lime Kelp Seasoning - about 2 Tspn

Watercress - 1 bunch washed

Kawakawa rub 10gr,

2-3 Tspn approx to taste

Cream - 300ml

Olive oil

Lime infused Avocado oil

Butter - 100grm approx

Flaked sea salt

Cracked Black Pepper

Lemons - 4

Paprika - for garnish and light
dusting.

Method

Wash and Peel the Maori potatoes and add to a suitable pot and cook until just cooked. Strain liquid and allow the steam to remove extra moisture for a minute or two. Mash the potatoes in the pot or add to a food processor and blend / whip until smooth and well combined. Season with the lime kelp to taste. Add a little butter and a touch of cream being careful not to make the mix too wet. Readjust seasoning and keep warm.

In a medium sized saucepan place 3/4 of the watercress with about 200ml of the cream and the Kawakawa. Bring to a simmer and simmer for about 5 - 10 minutes. Remove from heat and blend with a stick blender or place in a processor and blend until smooth, adjust seasoning by adding a little salt as required. Add a little roux (flour and butter mix of equal quantities) or Cornflour to thicken should it be required. Keep warm until required.

Coat the snapper fillets with Karengo fronds gently pressing the frond onto the flesh. Place on a pre greased (little olive oil and a little butter) oven dish and place in a preheated oven (200c) for about 10 minutes or until cooked.

On a large plate place the watercress coulis, add the potato and place the fish filet on top. Sprinkle the lime infused avocado oil around the plate liberally and place the remaining picked watercress leaves. Place lemon slices around plate or serve separately. Sprinkle with a touch of paprika.