

food

scene

very *fishy* indeed

Chef PETER BECKER
knows what to do when the fresh snapper come in!

People love to cook. It's not just something we have to do but something we like to do. Especially with one of the world's greatest natural food resources – fish. Seafood is ideal for health conscious people, because it's high in protein and low in saturated fats. Fish and shellfish have been identified as excellent sources of Omega 3, widely believed to be effective in reducing cholesterol. Seafood also contains valuable minerals and vitamins essential for maintaining good health. It is a completely natural and easily digested food.

PURCHASING

When buying fresh seafood, use your eyes, hands and nose. The word "fresh" refers to seafood that has not been frozen. However, that's not to imply that "frozen" is bad. As a matter of fact, frozen seafood can be superior in quality to fresh seafood products, so base your purchase on product quality.

How can you determine the quality of fresh seafood in the store? First, look at the display. All fresh seafood should be held at 32°F, which is maintained by refrigeration and/or ice. Fresh seafood should feel cold to the touch, not cool.

Whatever the variety, whole fish have certain characteristics that indicate freshness.

Bright, clear, full eyes that are often protruding. As the fish loses its freshness, the eyes become cloudy, pink and sunken.

Bright red or pink gills. Avoid fish with dull-coloured gills that are grey, brown or green. Fresh fish should be free from slime.

Firm and elastic flesh that springs back when pressed gently with the finger. With time, the flesh becomes soft and will slip away from the bone.

Shiny skin, with scales that adhere tightly.



PETER BECKER

Characteristic colours and markings start to fade as soon as a fish leaves the water.

Fillet and steaks should have firm and elastic flesh and a fresh-cut, moist appearance, with no browning around the edges. Filleted flesh separates if it is left too long in the case.

The flesh should be translucent; light will shine through it. There should be little evidence of bruising or reddening of the flesh from retention of blood.

Pre-packaged steaks and fillets should contain a minimum of liquid. Seafood stored in liquid deteriorates quickly. All fresh fish should have no fishy or ammonia smell.

Shellfish may be sold live, cooked, or fresh shucked. The form depends on availability and the shellfish itself. Each form and species will have different quality signs to examine.

Odour should be sweet and mild, not overly fishy, like a fresh sea breeze or seaweed.

WHOLE BAKED SNAPPER
with coriander & fresh lime spiced Asian slaw

INGREDIENTS FOR FISH

1 whole baby snapper, picked coriander, sliced limes to fill the gut cavity.

Season snapper with salt and pepper, place on a well-oiled baking tray and bake at 180°C for 10 minutes.

INGREDIENTS FOR SLAW

- 4 wonton wrappers, sliced julienne and fried crisp
- ¼ cup julienne of ginger, fried crisp
- 2 cups fine sliced white cabbage
- ½ cup red cabbage
- ½ cup julienne of snow peas
- ½ cup julienne of carrot
- 2 tablespoons chopped coriander
- ¼ cup sliced spring onion.

Toss with dressing just before serving.

INGREDIENTS FOR VINAIGRETTE

- ¼ cup water
- ½ cup good Japanese soy
- ¼ cup rice wine vinegar
- ¼ cup mirin
- ¼ cup sugar
- 2 cloves garlic, minced
- 2 tablespoons minced ginger
- 2 tablespoons lime juice
- 1 red chilli minced

Purée, add ¼ cup Soya bean oil, ½ tsp sesame oil.

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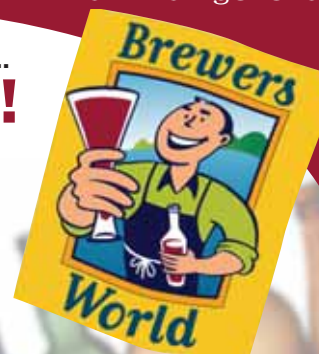


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