

seafood supreme

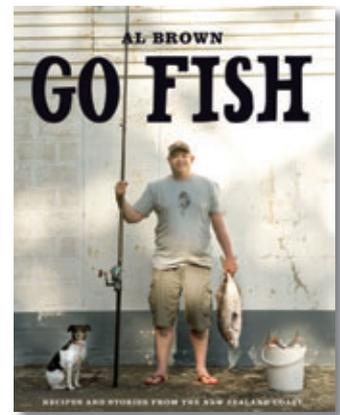
Extracts from **Al Brown's Go Fish**

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Step 1: Tamarind-Marinated Blue Warehou

800g warehou fillets
150g tamarind pulp
3/4 cup hot water
3/4 tablespoon ground turmeric
3/4 tablespoon ground cinnamon
1 tablespoon ground cumin
1–2 fresh chillies, seeded and minced
1/2 cup roughly chopped fresh coriander
3/4 cup canola oil (or similar)
Salt

Step 2: Carrot and Coriander Relish

3 cups grated carrot
1/2 cup thinly sliced red onion
1/2 cup roughly chopped fresh coriander
1/4 cup canola oil
1 tablespoon minced fresh ginger
1 tablespoon minced garlic
60 curry leaves
1 tablespoon mustard seeds
pinch of dried chilli flakes
1/4 cup fresh lime juice
salt and freshly ground black pepper

Step 3: Puspa's Roti

2 cups wholemeal flour
2 cups white flour
1 teaspoon salt
70g butter
1 2/3 cups water
cooking oil for brushing

Step 4: To Cook and Serve

cooking oil for frying
thick natural yoghurt to serve
fresh lime wedges to garnish

Tamarind-Marinated Blue Warehou with Fresh Roti & Carrot & Coriander Relish

Makes 24

Warehou seems to be one of those underrated fish that people turn their noses up at. I'm very partial to its firm flesh and it is one of my favourite species when ordering 'two pieces and a scoop'! Warehou, along with moki and kahawai, can dry out in the cooking process, so it's important to be extra vigilant to avoid overcooking.

My great Indian cook mentor, Puspa, taught me how to make these delicious roti, which my family adore. There's no mucking around with yeast or a heap of kneading – just make the dough, roll it out and cook.

Step 1: Tamarind-Marinated Blue Warehou

Cut the warehou into strips about the size and shape of chicken tenderloins and place in a bowl. Break the tamarind up with your fingers into another bowl then pour the hot water over and let sit for 5 minutes. With a spoon, or again your fingers, work the tamarind paste away from the indeible pips and husk. Work it all through a sieve into a small bowl, discarding the solids. Add the rest of the ingredients. Mix thoroughly. Pour three-quarters of the marinade over the warehou and mix through with your hands. Refrigerate along with the reserved marinade.

Step 2: Carrot and Coriander Relish

Place the carrot, red onion and coriander in a mixing bowl.

Place a sauté pan on medium heat. When hot, add the oil, then the ginger, garlic, curry leaves, mustard seeds and chilli flakes. Sauté for a minute or so before pouring into the carrot mixture. Add the lime juice, then mix all together until combined. Taste and season with salt and pepper. Cover with plastic wrap and let the fresh relish flavours develop in the fridge for at least an hour.



Around 85 per cent of New Zealanders think that up to 10 fish per recreational fisher is a reasonable daily allowance and 85 per cent of recreational fishers agree. The current limit is 20 for most fin fish.

Step 3: Puspa's Roti

In a large mixing bowl place the flours and salt. Mix together.

Place the butter and water in a saucepan on medium heat and remove once the butter has melted.

Pour the melted butter and water mix into the flour. With your hands, mix the dough together until combined. Tip out onto a lightly floured surface and knead for a minute until you have a smooth dough.

Place a skillet or heavy-based frying pan on low-medium heat. While the pan is heating up, divide the dough into 24 pieces and, on the lightly floured surface, roll each out into a thin round 1mm–2mm thick.

Start cooking the roti as you are still rolling them out. Place in the dry skillet or pan and cook for about 30–60 seconds on each side until slightly golden.

When cooked, brush each on both sides with a little oil to prevent them from drying out. Stack on top of each other.

Continue until all the roti are cooked. Once cooled, cover with plastic wrap and set aside until required.

Step 4: To Cook and Serve

Heat the roti by wrapping them all together in tinfoil and placing in a preheated oven, or just toss them back into a warm skillet or onto the hot griddle top of the barbecue for 30 seconds or so. Keep warm.

For the warehou, heat a skillet or griddle top to medium heat (not too hot as the marinade will burn before the fish is cooked). Add a little oil then the pieces of warehou. Fry for about a minute on each side until cooked through.

Brush the inside of each roti with a little of the reserved tamarind marinade. Add some cooked warehou, then top with some of the carrot and coriander relish. A dollop of yoghurt to finish, then wrap and serve with a wedge of lime. Hand them out as you go and repeat until all are eaten!