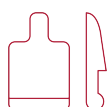




Baked Snapper



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 40 MINUTES



SERVES: 4

Ingredients

- 1 large red capsicum
- 1 large yellow capsicum
- 1 tbsp olive oil
- 1-1.5 kg whole snapper, cleaned and scaled
- 1 tbsp olive oil, extra
- Salt and black pepper
- 1 chorizo sausage, cut in half and then sliced diagonally
- 1 clove garlic
- 1 tsp smoked paprika
- 1 mango, skin removed and thinly sliced
- ½ cup coriander leaves

Method

Preheat oven on CircoTherm® at 200°C and line enamel tray with baking paper. Cut capsicums in half, remove seeds and place cut side down on tray. Rub with olive oil.

Cook for 15-20 minutes or until skin has blistered and charred. Carefully place capsicum into a plastic bag, seal and set aside to cool. When cool, remove stem and skin and slice into strips. Put aside.

Using kitchen scissors, cut off the snapper wings and trim the tail. Line enamel tray with baking paper and top with snapper and brush with extra olive oil. Season with salt and pepper. Insert Multi Point MeatProbe fully into the thick shoulder of the snapper, if available.

Ensure oven is on CircoTherm® at 200°C and add a high level of steam, if available.

Mix together half of the sliced chorizo and half of the roasted capsicum slices in a small bowl. Place mixture evenly on top of the snapper. Place snapper into the oven, connect the probe into oven and set internal core temperature to 63°C. If a probe is not available cook for 20-25 minutes or until flesh is white and flaky.

While the snapper is cooking preheat a fry pan over Flame Select level 8 or Induction level 8. Add the remaining chorizo and fry until golden. Add garlic and paprika and cook for a further minute. Place chorizo mixture into a bowl, retaining all of the oil and add the remaining roast capsicum including any juices, mango and coriander. Toss gently.

When the snapper is cooked place onto a serving platter. Top with extra chorizo and mango mixture, serve immediately.

Notes

When purchasing the snapper ask your fish monger to clean and scale it as this will save you time. Remember to warm the serving platter in a warming drawer or oven. This recipe was tested with a 1kg snapper, to cook for a crowd double the recipe. If cooking a larger whole fish cook until internal core temperature reaches 63°C or for a longer time and is cooked when flesh flakes.