

THE FISHERY

BBQ WHOLE SNAPPER WITH ASIAN NOODLES

FISH

2.5kg whole snapper (scaled & gilled)
50g pkt glass noodles (soaked for 3 min in hot water, or just al dente)
2 tbsp fish sauce
1 stalk lemongrass (bruised)
2cm knob ginger (bruised)
4 cloves garlic (bruised)
2 small red chillies
2 large sheets alfoil
Grapeseed oil

Stuff cavity of fish firstly with lemongrass, garlic, ginger, chilli, and finally noodles.
Place fish on the 2 sheets of oiled alfoil.
Rub outside of fish with fish sauce and wrap foil firmly around.
Lay fish on flat grill of BBQ, on low to med heat for 25 min each side.
Allow fish to rest for 5 mins.

SALAD

½ cup coriander leaves
½ cup Thai basil
2 red chillies (deseeded & finely sliced)
2 cm ginger (finely sliced)
Juice of 1 lime
2 tbsp oyster sauce
1 tbsp sweet soy sauce

Place all salad ingredients in mixing bowl.
Remove noodles from cooked fish and stir gently through salad ingredients.
Serve with fish.

TIPS

Allow 20 mins cooking time per kg of whole fish.
Turn only once.
Rest for 5 mins after cooking before opening foil.

THE FISHERY

QLD SPANNER CRAB CAKES WITH AVOCADO & BLOOD LIME SALSA

CRAB CAKES

250g spanner crab meat
1 cup self raising flour
1 egg
2 tbsp soft butter
½ cup milk
¼ bunch chopped coriander leaves
1 pinch salt
Oil for BBQ or frypan

Combine flour, egg, butter, milk & salt in bowl
Fold in coriander leaves & crab meat
Allow to rest in fridge for 1 hour

Preheat BBQ flat plate to medium heat, then coat with thin layer of oil
Spoon pikelet size dollops of crab batter on grill
Cook for 2 minutes on each side or until golden brown

SALSA

1 avocado
1 long red chilli, deseeded & finely chopped
1 red shallot, peeled & finely chopped
3 blood limes, cut in half, flesh & seeds removed
2 tbsp extra virgin olive oil
1 tomato, deseeded and diced

Fold ingredients together just before serving crab cakes
Spoon tbsp salsa on to each crab cake and serve

THE FISHERY

BBQ TIGER PRAWNS WITH GARLIC AND LEMON

20 whole large green Tiger Prawns
6 cloves garlic
¼ cup extra virgin olive oil
Juice & zest of 1 lemon
1 tsp sea salt
2 tbsp finely chopped parsley

Finely chop garlic and place in large bowl with olive oil, lemon juice, zest and salt.
Peel and devein prawns leaving tail attached, before placing in garlic marinade.
Heat flat grill of BBQ to medium-high heat.
Using tongs, place prawns on BBQ and drizzle with marinade.
Cook for 1-2 minutes on each side, until colour changes to orange.
Remove prawns from BBQ grill to serving plate and sprinkle with parsley.
Serve immediately with bread or salad.

TIPS

Serves 4
Preparation Time – 15 minutes
Cooking Time – 5 minutes

Prawns can also be substituted with green bug meat.

THE FISHERY

BBQ OCTOPUS WITH GRILLED VEGETABLES

OCTOPUS

1kg large octopus hands
3 cups red wine
2 sprigs rosemary
3 cloves garlic
8 black peppercorns
Pinch of salt

OCTOPUS MARINADE

3 cloves garlic, finely
chopped
1 tbsp grape seed oil
Salt and pepper

VEGETABLES

1 Spanish onion (peeled & cut in eights, connected at stem)
1 small head radicchio lettuce (cut in quarters, connected at stem)
1 yellow capsicum (roasted, peeled & deseeded)
2 long red chillies (roasted, peeled & deseeded)
8 cherry tomatoes (halved)
150g rocket lettuce
2 tbsp white balsamic vinegar
2 tbsp extra virgin olive oil
Grape seed oil for grilling vegetables
Salt and pepper

Place octopus in large pot with red wine, rosemary, garlic, peppercorns and salt.
Bring to the boil, and then simmer for 40 minutes.
Strain octopus, removing garlic, rosemary and peppercorns. Set aside to cool.

On a hot BBQ plate, grill onions, radicchio, capsicum, chillies and cherry tomatoes until just cooked.
Cut onions and radicchio from stems and place all vegetables and rocket lettuce in mixing bowl.
Toss braised octopus in bowl with marinade mix and BBQ for 2 minutes on each side.
Remove from grill and chop octopus in to 2-3cm pieces.
Combine the octopus with grilled vegetables and rocket.
Gently toss with balsamic vinegar, extra virgin olive oil, salt and pepper.
Serve immediately.

Serves 4-6

THE FISHERY

STICKY SPANISH MACKEREL CUTLETS WITH CRISPY SHALLOTS & GARLIC CHIVES

4 mackerel cutlets (250g each)
1 bunch garlic chives (sliced)
4 tbsp fried shallots
6 tbsp sweet soy sauce
½ tsp dark sesame oil
½ tsp fish sauce
Vegetable oil for BBQ
2 cups jasmine rice (steamed)

Preheat BBQ to medium high heat
Using a clean cloth, rub 2 tbsp vegetable oil on to BBQ bar grill
Toss mackerel cutlets in sweet soy, sesame oil, fish sauce and garlic chives until thoroughly coated
Place cutlets on BBQ grill for 4 minutes each or until just cooked through to the bone
Remove from bar grill to rest
Serve cutlets on bed of steamed jasmine rice
Sprinkle with fried shallots and serve

Serves 4