

Pink Crusted Barramundi

Contributed by,

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Preparation time: 15 Minutes

Cooking style: Pan Seared

Difficulty: Moderate

Dish Description

Celebrate your romance with a dish that captivates the eyes as much as it does the palette. Chef Astiti's Pink Crusted Barramundi is a simple yet extravagant dish, featuring a sweet and buttery fish with a crumbly first bite and a side of locally sourced sautéed organic vegetables. Tasty as it is healthy, the dish is packed with protein, omega 3 and essential minerals. Ready in just 15 minutes for your special someone.

Seared Barramundi

INGREDIENTS

- 40g Bread Crumb
- 10g Beet Root Powder (Fresh beet root dehydrated and blend into powder)
- 160g Fresh Barramundi Fillet
- 2g Thyme
- 50ml Vegetable Oil
- Salt and Pepper
- 8g Unsalted Butter

METHOD

- Marinate the fish with thyme, salt, and pepper
- Pre-heat the pan and sear fish on both sides until half cooked
- Add softened butter into the pan
- Combine bread crumb and beet root powder and roll the half-cooked fish on it
- Roast the fish for 2 minutes until cooked

Sautéed Vegetables

INGREDIENTS

- 3 pcs Asparagus
- 10g Fern Tips
- 10g Spinach
- 4 g Cherry Tomato
- 4g Zucchini
- 1/2 tsp Chopped Garlic
- 1 tsp Chopped Onion
- Salt and Pepper

- 1 tsp Butter

METHOD

- Blanch asparagus and zucchini
- Place in medium heat pan, add butter, garlic, and onion until fragrant
- Add the vegetables asparagus, cherry tomato, and zucchini, add salt and pepper and sauté
- Repeat same steps for spinach and fern tips

Potato Fondant

INGREDIENTS

- 40g Potato
- 10ml Cream
- 5ml Milk
- Salt and Pepper

METHOD

- Clean and peel potato. Boil until soft
- Mash with wooden spoon, heat up milk and cream together and stir into mash potato
- Add salt and pepper, cook until smooth

Lemon Butter Sauce

INGREDIENTS

- 2g Chopped Shallot
- 2 tsp Lemon Juice
- 10g Unsalted Butter
- 6ml Fresh Cream
- Salt and White Pepper

METHOD

- Boil together shallot and lemon juice, reduce until half quantity
- Keep aside on the table, add butter and mix with hand balloon whisk, add salt and pepper
- Add fresh cream and mix it until creamy and smooth