



Baked Tasmanian Trevalla

The perfect way to highlight the fresh, delicate flavour of Trevalla for your Christmas lunch

Recipe by Kirsten Bacon



Serves 4



30 minutes

INGREDIENTS

- 4 fillets of fresh Tasmanian Trevalla (about 180g each)
- 2 tbsp good olive oil
- 1 lemon (zested and juiced)
- 2 cloves garlic, chopped
- 1 tbsp fresh parsley (or thyme, dill, or rosemary)
- Salt and freshly ground black pepper, to taste
- 1 tbsp butter (optional)
- 1/4 cup dry white wine
- Lemon wedges, capers, and pomegranate seeds for serving
- Fresh herbs for garnish (optional)

TIPS

Add a crunch: Top the fish with breadcrumbs and Parmesan before baking for a golden, crispy crust.

Side options: Serve with roasted vegetables, a quinoa salad, or steamed greens for a well-rounded meal.

This baked Tasmanian Trevalla is light yet flavourful, making it the perfect centrepiece for a Christmas lunch that's both festive and fresh. It's a simple, healthy dish bursting with Tasmania's finest local ingredients. Enjoy!

DIRECTIONS

1. Preheat the oven to 180°C (350°F).
2. Prepare the fish: Place the Trevalla fillets on a baking dish lined with parchment paper or lightly greased with olive oil. Ensure the fillets are skin side down.
3. Season: Drizzle the olive oil over the fillets. Sprinkle with lemon zest, garlic, fresh parsley (or other herbs), salt, and pepper. If desired, top with a small knob of butter.
4. Add liquid: Pour white wine around the fish to keep it moist and enhance flavour.
5. Bake: Place the dish in the oven and bake for 12-15 minutes, or until the fish flakes easily with a fork. Adjust the time for thicker fillets. Be really careful not to overbake
6. Serve: Once baked, squeeze fresh lemon juice over the fillets and sprinkle with capers and pomegranate seeds for a festive touch.
7. Garnish: Add fresh herbs or lemon wedges for extra colour and flavour.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





Summer Pudding

A perfect alternative to a traditional Christmas pudding and an easy way to bring a bit of sunshine into the festive season!

Recipe by Kirsten Bacon



Serves 4-8



20 minutes

(or overnight)

INGREDIENTS

- 450g summer berries (raspberries, strawberries, blackberries), defrosted if frozen
- 4 tbsp blackcurrants
- 225g red fruits (e.g., red currants, black currants)
- 6 medium slices white bread (crusts cut off)

TIPS

The addition of elderflower syrup brings a lovely floral note that elevates the pudding to something truly special.

DIRECTIONS

1. Mix the first three ingredients and leave them for 5-10 minutes. If using defrosted fruit, include some of the juice as well.
2. Meanwhile, line a 1.2-litre pudding basin with cling film, leaving an overhang. Cut a circle of bread to fit the base, and quarter the remaining slices.
3. Drain the juices from the soaked fruit into a bowl. Dip the bread into the juice until well-soaked.
4. Layer the bread and fruit in the basin, pouring over any remaining juices.
5. Cover with the overhanging cling film, weigh down with a small plate and some weights or a heavy jar (cans work well). Chill in the fridge for at least 10 minutes or preferably overnight.
6. When ready to serve, turn the pudding out onto a plate and serve with a dollop of single cream, allowing the refreshing, juicy layers to shine. I also like to add fresh mint and red berries to give it the feel of Christmas.



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