

Whole baked parrot fish

Serves 4-6 | 90 minutes

With feta, roast pinkeye potatoes, spinach and skordallia

Recipe by Chef Eloise Emmett

INGREDIENTS

Lemon and oregano dressing

- 2tbs oregano
- 1tbs olive oil
- 1 tbs lemon juice

Skordallia

- 250g mashing potatoes (mashing spuds like Kennebec or Dutch Cream)
- 1 egg
- 50ml white wine vinegar
- Salt and pepper
- 3 cloves garlic
- 1tbs lemon juice
- 100ml extra virgin olive oil
- Ingredients continue on next page...

DIRECTIONS

- Preheat the oven to 180 degrees Celsius.
- To make the skordallia, peel and dice the mashing potatoes. Put potatoes into a large saucepan, cover with water, bring to the boil and cook for 15-20 minutes or until cooked through. Drain well and set aside to cool slightly.
- Using a food processor, blend the potatoes with the egg, vinegar, a pinch of salt and pepper, garlic and lemon juice until well combined and smooth. While still blending, add the oil in a slow drizzle until the potato mix is thick and creamy.
- To make the dressing, finely chop the oregano and mix with the olive oil and lemon juice.
- Directions continue on next page...

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with Lucie Cutting

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INGREDIENTS

- 1 whole fish (approximately 1-2 kilo)
- Plain flour
- 1tbs extra virgin olive oil and tablespoon butter for pan-frying
- 600g baby pink eyes potatoes
- 2tbs extra virgin olive oil
- 3 cloves garlic
- 300g spinach leaves
- 100g feta cheese

DIRECTIONS

- Wash the pink eye potatoes and chop into a rough 2 cm dice. Add the olive oil, garlic and potatoes to a baking tray and roast for about 30 minutes, or until cooked through and crispy. Toss the spinach and feta through the hot potatoes just before serving.
- To cook the fish, heat the oil and butter in an ovenproof pan over medium heat. Coat the fish in flour and cook for a few minutes on each side, until the skin is crispy and golden brown. Transfer the pan to the oven to finish cooking the fish – this will take approximately 20 minutes, (depending on the size and thickness of the fish). To tell if the fish is cooked, poke the thick part with a fork; the flesh will come away from the frame easily when it is cooked. Drizzle the hot fish with the lemon and oregano dressing and serve with the warm potato, skordalia and a Greek style salad.

