



THE
ANCHORAGE
HOTEL | SPA

FISH COOKED IN THE BAG W/ TURMERIC + GINGER AROMATICS

INGREDIENTS

500g white fish fillet,
skinned and de-boned
(allow 250g per serve)

2 large long pieces
baking paper (40cm
long each)

20g grated fresh ginger

30g fresh turmeric,
grated

20g coriander, finely
chopped

8g (1 clove fresh garlic),
smashed

80g slightly salted,
softened butter

Pinch of white pepper

200g baby roma
tomatoes, halved

METHOD

Preheat oven to 200°C fan forced and cut two pieces of baking paper about 40cm long. Place fish in the centre of each piece of baking paper.

Combine the ginger, turmeric, coriander, garlic, butter and a hint of white pepper to form a smooth paste with the butter. Smear over the fish, allowing a little knob for the base - underneath the fish fillet. Top with baby tomatoes.

Wrap each parcel up securely. Be careful not to squash too much as the fish won't cook evenly. I generally like to fold it like an envelope, into a square, then secure with a few paper clips just to ensure it won't come undone. The paper clips can be removed before serving.

Bake the parcels in the hot oven and cook for 15 minutes or until the fish is just cooked through. The spices, tomato and butter will cook down to create a beautiful sauce.

To serve, place parcels into large shallow bowls, so that none of the sauce escapes. Cut a cross with some scissors at the top of the parcel and carefully peel open to reveal the wonderful fragrant fish. This would be nice done at the table by the waiter.

Serve and enjoy. Serves 2.

Teresa Cutter