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Western Sydney Parklands

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BARRA-MASALATA WITH POTATO CRISPS

Prep 15–20 mins
Cook 15–20 mins
Serves 4–6 as a snack

INGREDIENTS

150g barramundi
(using tail and trim),
skin off

100g smoking
wood chips

100g brown onion,
peeled and diced

300mls canola oil

100g white bread,
crust removed

10g sea salt

1 egg yolk

4 ice cubes

40mls (2 tbsp)
lemon juice

3 large Sebago
potatoes

METHOD

This recipe showcases the off cuts from the barramundi fillet in the first demonstration to eliminate wastage.

Pre-heat your oven to 140°C. Pre-heat deep-fryer (or frying pan with oil) to 140°C.

If you have a smoker or smoke gun, cold-smoke the barramundi for 15 minutes.

If you do not have a smoker

Line the base of a large saucepan with 3 layers of foil and scatter the wood chips over the foil. Using a blowtorch, flame the woodchips until they ignite, then place a lid over the saucepan to put out the flames. This is now your smoking pot.

Place the barramundi fillet in a perforated steaming rack. Remove the lid from the smoking pot and place the barramundi rack over the smoke. Cover the pot with a lid and let smoke for 15 minutes.

Remove the barramundi from the smoker and place on a lined baking tray. Put into the pre-heated oven for 5–10 mins until the fish is cooked through. Remove from the oven and allow to cool.

While the barramundi is cooling, make the base of the barramasalata dip by putting the 300mls of canola oil in the fridge to cool (this will stop the dip from splitting). Place the onion and bread into

a food processor and blend until the bread has become a moist crumb, add the egg yolk and blend until combined. While still mixing, slowly start to add the oil. Once you have added half the oil, blend the ice cubes through the mix. If the mix is getting too thick, add a little water. Continue adding the rest of the oil until you have a smooth paste and the oil is combined. Season to taste.

Place the dip base (above) into a mixing bowl. Put the smoked barramundi pieces into the food processor and blend until broken down. Fold the smoked barramundi through the base and season to taste with salt, pepper and lemon juice.

Wash the potatoes well to remove any dirt from the skin. Using a mandolin, thinly slice the potatoes into 1 mm slices. Place the potato slices into a mixing bowl and run under cold water until the water turns clear and the starch is washed away. Drain and dry the potato slices with paper towel then place the potatoes into the pre-heated fryer or frying pan and cook for 3–4 mins until the potatoes are golden brown and crisp. Remove the chips from the fryer and onto a paper towel to drain any excess oil. Season with sea salt to taste.

To serve, spoon the dip mix into a serving bowl and garnish with a drizzle of olive oil and lemon juice. Serve with the potato crisps.

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