



Recipe by Justin North, Bécasse

MISO MARINATED BLUE EYE, SCALLOP & CAULIFLOWER

4 entrée portions

INGREDIENTS

600g fillet Blue eye
75g white miso paste
50g light soy sauce
25g SAXA sea salt flakes
1 telegraph cucumber, cut into small dice
8 fresh scallops, sliced into slivers
½ cup cauliflower, finely shaved
1 punnet baby purple shiso or coriander
Drizzle extra virgin olive oil

DIRECTIONS

Clean the Blue eye fillet of bones and skin.

Combine the miso, soy and salt in a bowl. Rub the salt mix all over the Blue eye, cover and refrigerate for 3 hours.

Pre-heat oven to 110°C.

Remove fish from the fridge and rub off excess marinade. Place in an oven-proof dish and bake for 15 minutes, until translucent and just cooked.

Cut the fish into small pieces and place on serving plates with the diced cucumber, sliced scallops, shaved cauliflower and shiso and drizzle with olive oil.



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