**Crumbed saddletail and salad with mustard seed vinaigrette**

**Ingredients:**
- 4 saddletail fillets
- 1 egg
- Cornflake crumbs (or panko crumbs)
- Olive oil
- 30 mls lemon juice
- 3 tablespoons extra virgin olive oil
- 1 tablespoon grain mustard
- ½ teaspoon coriander
- Salt, pepper

Salad: lettuce, tomatoes, mushrooms, orange segments

**Crumbed Fish:** Dip 4 fillets saddletail snapper in egg, coat then cornflake crumbs. Shallow fry in olive oil for 1-2 minutes each side.

**Vinaigrette:** Mix together 30 mls lemon juice, 3 tablespoons olive oil, 1 teaspoon grain mustard, ½ teaspoon coriander (fresh or paste), salt, pepper.

**Salad:** Mix together gourmet lettuce, tomatoes, mushrooms and orange segments. Pour vinaigrette over salad and serve with fish.
**Baked saddletail**

**Ingredients:**
- 4 saddletail fillets
- A knob of butter
- ½ cup coconut milk
- 1 tablespoon chilli sauce (or fresh chilli)

Preheat oven to 180°C. Wrap ingredients in foil and cook for approximately 15 minutes or until a knife slides easily through the flesh.

Serve with seasonal vegetables.
**Saddletail Souffle**

**Ingredient:**
- 100 gms saddletail fillets
- 1 small spring onion (white only)
- 2 egg yolks
- 1 teaspoon fish sauce
- 2 egg whites

Preheat oven to 200°C. Blend fish, spring onion, egg yolks and fish sauce until pureed.

Whisk 2 egg whites until stiff peaks form. Add half the egg white mixture to the fish puree. Fold in the remaining egg white mixture until just combined.

Grease 3 ramikins or small oven proof dishes with butter/marg. Place mixture in bowls and cook for 15 minutes until puffed. Serve hot or cold.
Malaysian Fish Curry

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 red and 1 green chilli (deseeded)</td>
<td>1 onion (chopped)</td>
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<tr>
<td>1 teaspoon lemon grass paste</td>
<td>1 small piece of ginger</td>
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<tr>
<td>3 tablespoons extra virgin olive oil</td>
<td>4 cloves of garlic</td>
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<tr>
<td>2 tablespoons red curry paste</td>
<td>1 cup coconut milk</td>
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<tr>
<td>1 tablespoon ketjap manis</td>
<td>1 cup water</td>
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<td>2 large tomatoes (or 10 mini tomatoes)</td>
<td>1 tablespoon lemon juice</td>
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<tr>
<td>500-750gms saddletail fillets</td>
<td>rice</td>
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</tbody>
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Chop then blend chilli, onion, lemon grass paste, ginger, olive oil and garlic to a paste.

Heat a small amount of extra virgin olive oil in a wok. Add paste and cook on low heat for around 3 minutes, stirring occasionally. Add red curry paste, coconut milk, ketjap manis, water and bring to the boil. Simmer for 10 minutes.

Add chopped tomatoes, lemon juice and cubed fish. Simmer for 5 minutes until fish is cooked.

Serve with rice.
Thai Green Curry

Ingredients
2 red chilli (deseeded)  2 spring onions (white only)
1 onion                 2 cloves of garlic
1 tablespoon coriander 1 tablespoon lemon grass paste
4 peppercorns           rind of one lime
1 teaspoon turmeric     2 tablespoons green curry paste
2 tablespoons extra virgin olive oil 1 cup coconut milk
500-750gm saddletail    1 tablespoon fish sauce

Chop and blend chilli, spring onion, onion, garlic, coriander, lemon grass paste, peppercorns, lime rind, turmeric, curry paste and olive oil to a paste.

Place paste in a preheated wok with 1 tablespoon of olive oil. Simmer for 2 minutes. Add fish, coconut milk and fish sauce. Simmer for 10 minutes stirring occasionally.

Serve with rice.