

Westfield Miranda Event Kitchen

Barramundi with Escabeche Sauce

Ingredients

1 cup rice
1 & 3/4 cups water
600 gm barramundi fillets – or any fish
1/3 cup arrowroot flour
1 green capsicum – sliced thinly
1 red capsicum – sliced thinly
1 Spanish onion - sliced thinly
3 cloves garlic – crushed
1 tsp ginger - grated
2 splashes of olive oil
1/2 cup white vinegar
1/3 cup brown sugar
1/3 cup water
3 tbsp corn flour

Method

Steam rice with water.

In a separate pot with a splash of olive oil, sauté red and green capsicums, onion garlic and ginger for 5 minutes. Add the vinegar and sugar and bring to boil. Mix corn flour and water until there are no lumps, add to sauce. Simmer gently 5 minutes.

Dust fish with flour and grill in a large flat pan with a splash of olive oil, 4 minutes each side approx.

Serve

Place fish on a mound of rice and top generously with sauce.