

Don's Cone Bay Barramundi

with baby leeks and saffron dressing

Ingredients:

4 x 200g Cone Bay Barramundi
100g plain flour
100ml olive oil
4 baby leeks
100ml chicken stock
1 clove garlic
4 sprigs of thyme
100ml extra virgin olive oil
salt & pepper

Dressing:

5g saffron toasted and infused with 20ml leek cooking liquor
50ml freshly squeezed orange juice
2 ripe roman tomatoes blanched/skinned and seeded
50ml extra virgin olive oil

Method:

- 1) Pre-heat oven to 180 degrees for 10mins.
- 2) Cut the leeks into 4 even pieces, place into small baking dish, cover with stock and add garlic, thyme, olive oil, salt and pepper. Cover with alfoil and place in oven for 20 minutes or until soft.
- 3) Toast saffron in a pan to release the aromas, then add the 20ml of warm leek juice to the saffron. Let cool and add orange juice, diced tomato and olive oil, set aside.
- 4) Heat frying pan to a medium heat, season barramundi with salt and pepper, then dust it in flour.
- 5) Add olive oil to pan and lay barramundi into heated pan and cook for about 2 to 3 minutes
- 6) Turn barramundi with a fish slice and proceed to cook for a further 2 to 3 minutes.
- 7) Take fish out of pan and let rest in a warm spot.
- 8) To serve place barramundi on top of leeks and spoon dressing on and around the fish.

Cone Bay Saltwater Barramundi exhibit characteristics like no other Barramundi in the world. This is quite simply because there is no other location like Cone Bay in the world. The extremely remote island sits amid the world-renowned Buccaneer Archipelago off the Kimberley coast of Western Australia.



To accompany Don's delicious Barramundi, we suggest Forester Estate Semillion Sauvignon Blanc. There is so much life and vitality in this crunchy little number. Delivers bigtime with all the abundant zippy fruit flavours you want with this style. Gets a decent squeeze of lime over the tropical fruit flavours. A racy acidity completes it as it powers through to a very long finish. A beauty that's simply pure fun drinking.
Ray Jordan Score: 93/100



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