

PACIFIC
WEST

Tempura Fish Fillet with Crushed Potato and Sauce Vierge

Ingredients:

Pacific West Tempura Fish Fillet

Crushed Potato

- 9 to 12-ounces all-purpose potatoes, per person
- Approximately 1/3 cup warm milk or cream
- Approximately 1/4 cup unsalted butter
- Salt and freshly ground pepper, preferably white
- Freshly grated nutmeg

Sauce Vierge

- 2 chopped tomato
- 1 chopped red onion
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- Salt and black pepper to taste

Method:

1. Heat oil to 180°C, deep fry Pacific West Tempura Fish Fillet for 5 -6 minutes or until golden brown and set aside.
2. For mashed potato; boil the halved or chunked (but unpeeled) potatoes in a large pan of lightly salted water. When they are soft enough to mash, drain them thoroughly then push the potato pieces through a ricer. With a wooden spoon, beat in the warm milk or cream and butter and season with salt, pepper and some freshly grated nutmeg, to taste.
3. For sauce vierge; combine all the ingredients
4. To serve: place the crushed potato on the plate then top with the Pacific West Tempura Fish Fillet then serve with sauce vierge on side

