



45°N

63°W

OVEN ROASTED RED FISH

with Blistered Shishito Peppers

INGREDIENTS:

- 1 large gutted and scaled red fish
- ¼ cup canola oil
- 3 inches of ginger, cut into batons
- 5 tbsp garlic, chopped
- 3 tbsp shallot, chopped
- 3 thai chillies, chopped
- 5 stalks of green onions, sliced on an angle
- 2 shallots, sliced
- 3 tbsp all purpose flour
- 2L canola oil
- ½ cup fresh cilantro
- 4 tbsp cracked black pepper
- Kosher salt

INSTRUCTIONS:

Preheat the oven to 500F. In a pot combine extra virgin olive oil, shallots, garlic, ginger, 4 chopped chillies, half of sliced green onion, and black pepper. Sauté on medium low heat for 10 minutes, allowing the oil to soak up all the flavours and aromatics.

Make deep even cuts on the sides of the fish width ways on a diagonal. These cuts are going to help evenly cook the fish, allow a nice crisp to form and keep the fish from buckling under the heat. Baste the fish with infused olive oil, making sure to spoon on the aromatics as well. Roast at 500F on the middle rack for 5-6 minutes. Flip and turn the oven on high broil for another 5-6 minutes, or until the scoring has become crispy and golden brown.

Slice shallots into small onion ring shaped loops. Toss with flour making sure to fully coat each shallot ring. Fry in oil at 300F until golden brown and crispy. Remove from oil and toss with a pinch of kosher salt.

Gently remove your fish from the pan and place whole on a serving plate. Sprinkle with remaining green onion, cilantro, the remaining sliced chilli.

Recipe provided by Andy Hay, Masterchef Canada.