



45°N
63°W

MARINATED SWORDFISH

with Crispy Fried Sushi Rice and Kimchi

INGREDIENTS:

- 1 6oz Swordfish steak (sushi grade)

MARINADE

- ½ small onion
- 5 stalks green onion
- ⅓ cup garlic, peeled
- 1 pear, peeled
- ¾ cup soy sauce
- ¾ cup orange juice
- ⅓ cup mirin
- ¼ cup sesame oil
- ¼ cup peeled ginger

RICE CAKE

- 4 cups sushi rice
- 7 ½ cups cold water
- 1 cup rice wine vinegar
- 2 tbsp kosher salt

KIMICHI

- 1 jar spicy kimchi
- 3 tbsp sesame seeds

AIOLI

- 2 lemons
- ½ cup mayonnaise

INSTRUCTIONS:

Combine all marinade ingredients in a blender and blitz on high until smooth and all ingredients are incorporated. Place your sushi grade swordfish in a plastic bag with all of the marinade. Allow it to sit in the fridge for at least 1 hour or up to 24 hours.

In a large pot, combine rice and water. Bring to a boil and then reduce to a low simmer. Cook for about 30 minutes or until water is absorbed and the rice has

grown. Remove from pot and stir in salt and rice wine. You need to constantly fold the cooked rice until no more steam is visible. In a deep baking sheet lined with parchment paper, gently pat down the rice to a 1 ½-inch thickness. Place another sheet of parchment down and compress with a similar sized pan, apply small amounts of pressure. Allow to sit in the fridge for 2 hours.

Remove the rice from the pan, clean off the edges. Cut into 2-inch x 1-inch rectangles. In a nonstick frying pan with 2 tbsp canola oil over medium high heat, fry each side of the rice cake until golden brown and crispy, about 2-3 minutes. Once golden brown, remove from pan allow to cool on a wire rack.

Remove swordfish from bag and with a sharp knife, slice into strips as thin as possible.

In a bowl, combine mayonnaise, lemon juice and zest of both lemons. Salt and pepper to taste.

With a sharp knife, slice your green onions on a large bias. Set aside.

When ready to plate, place a small dollop of aioli on the rice cake, a strip of swordfish, a bite sized helping of kimchi, sliced green onions and finish with sesame seeds.

Recipe provided by Andy Hay, Masterchef Canada.