

creamy garlic seafood

winter



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EST 1981. SYDNEY FISH MARKETS PYRMONT

Creamy garlic seafood

Serves 6

6 uncooked Balmain Bugs or uncooked green blue-swimmer crabs
50g butter
1 onion, finely chopped
6 garlic cloves, finely chopped
125mL White Wine
500mL (2 cups) fresh cream
1 1/2 Tablespoons Dijon Mustard

2 Teaspoons Lemon Juice
500g green prawns (uncooked), peeled & de-veined (tails in tact)
500g skinless sea-perch (orange roughy) fillets (cut into bite-sized cubes)
12 scallops, with roe, cleaned
2 tablespoons chopped parsley (flat-leaf Italian)

Fish Substitution

Ling, Bream, Tuna, Blue-Eye Cod

Cut the heads off the bugs, then use scissors to cut down around the sides of the tail so you can flap open the shell. Remove the flesh in one piece.

Melt the butter in a frying pan and cook the onion and garlic over medium heat for 2 minutes, or until the onion is softened. Add the wine to the pan and cook for 4 minutes, or until reduced by half. Stir in the cream, mustard and lemon juice and simmer for 5-6 minutes, or until reduced to almost half.

Add the prawns and cook for 1 minute, or until opaque. Add the Sea Perch (or other fish choice) and cook for 2 minutes, or until cooked through (the flesh will flake easily when tested with a fork). Finally, add the scallops and cook for 1 minute, until all the seafood is cooked. Remove the pan from the heat and toss the parsley through. Season to taste. Serve with salad and bread.

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