

# T O M <sup>s</sup> K I T C H E N

## GRILLED BREAM SHAVED FENNEL, PISTACHIO & TUMERIC, COURGETTE DUKKAH

SERVES 4

### INGREDIENTS

#### *Dukkah*

15g Whole almonds  
15g pistachios  
50g hazelnuts  
50g sesame seeds  
20g coriander seeds  
20g cumin seeds  
5g fennel seeds  
15 black peppercorns  
8g sea salt  
2g cinnamon  
1tsp dried oregano

#### *Dukkah Courgette*

1 x large green courgette  
4 tbsp Wholemeal flour  
3 eggs, lightly beaten with a little milk  
The dukkah mix

#### *Turmeric & saffron dressing*

Large pinch of fresh saffron  
1 semi heaped tsp turmeric  
2 tbsp yellow mustard seeds  
1 tbsp clear honey  
½ tbsp of Frenchies mustard  
80ml cider vinegar  
200ml of rape seed oil  
2g salt  
8 turns of fresh black pepper

#### *Bream*

8 x fillets of bream

#### *Assembly*

½ bulb of firm fennel shaved to order on the mandolin  
8 Strips of yellow courgette  
8 strips of green courgette very thinly sliced on the mandolin  
1 baby courgette sliced  
Enough dressing to bind  
Seasoning  
3 baked courgette batons each  
1 pinch of each fresh dill, mint, parsley and marjoram  
1 tbsp of bright green pistachio chopped  
Drizzle of green pistachio oil

### METHOD

#### **FOR THE DUKKAH (this can be kept at room temp)**

Put the seeds and nuts on separate trays and roast them at 200C until they begin to colour to a toasted colour and release an aroma. Put them altogether in the food processor with the salt, pepper and spices, grind them until they are semi coarsely rushed but not pulverised. Be very careful not to over blend or the oil from or the oil from seeds and nuts will form a paste and you will have to throw it away, the Dukkah should be a dry crushed mix

#### **TO PREPARE THE DUKKAH COURGETTE**

Cut the ends off the courgettes and cut each in half, then cut each half lengthways into 4 strips, so they look like long fries, roll them in the flour, dip each fry into the egg wash, then coat generously with dukkah, place on to a greased baking tray, and sprinkle more dukkah over the top if necessary, then roast at a high temp

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at 200c for 5-8 mins till just cooked, then remove & cool at room temp, these are not refrigerated but left at room temp.

## TUNERIC & SAFFRON DRESSING

Warm the vinegar with the saffron and turmeric, so not boil or simmer, leave to infuse for 5 mins, place the honey, salt & mustard into the blender, then add the vinegar, turn the machine onto a steady speed and trickle in the oil so that it emulsifies into a thickish dressing.

## COOKING THE BREAM

The fish is just oiled and seasoned on both sides, then placed onto the grill for 3-4 mins each side, make sure the skin is super crispy, also make sure that you rest the fish for 2-3 mins before serving.

## FINAL ASSEMBLY FOR FOUR

Mix the shaved fennel, yellow and green courgette, baby courgette, dressing and seasoning. Place the warm courgette in the middle of the plate crossed, then the dressed salad in the middle and the herbs drizzed over this, then a little more turmeric dressing around, followed by the pistachio oil and freshly chopped pistachios sprinkled around.