

Antarctic Toothfish with Red Wine, Chorizo Risotto and Saffron, Fennel Broth



150 g Antarctic Toothfish portion

For Broth

500 ml fish stock

1 large fennel bulb, chopped

2 g saffron

2 egg whites with shell

For Risotto

500 ml fish stock

150 g butter

1 onion

2 sprigs of thyme

2 cloves finely chopped garlic

200 g Arborio rice

500 ml red wine (merlot)

20 g Granda Pandano

1 good quality chorizo

80 g green peas

¼ cup chopped chives

Method:

Broth: Place the fish stock, saffron and fennel in a pot. Bring to the boil and simmer for 20 minutes. Whisk egg whites with broken eggshells. Then pour over the simmering stock, which will start foaming up. Simmer for a further 10 minutes and then strain.

Pour the stock back in the pot and simmer for another 20 minutes, skimming it regularly. Place chinois (fine colander) and muslin cloth on top and strain the stock. You should get a golden aromatic broth. Keep it warm.

Risotto: Heat the stock in a saucepan and keep it warm at the side of the stove. Melt half the butter in a shallow saucepan, add the onion with diced chorizo and sauté until onions are translucent. Add garlic and thyme, cook for a further 2 minutes. Stir in the rice and sauté it, stirring constantly, until it absorbs the butter, for about 2 minutes. Stir in about half the wine with a little salt and pepper. Simmer, stirring, until the rice starts to dry, about 5 to 7 minutes. Add 2 ladlefuls of hot stock and continue simmering, stirring gently but constantly. When the rice dries again and needs more liquid, add the remaining wine.

Continue cooking, stirring all the time and adding more stock in batches. At the end of cooking, the rice should be tender, still slightly al dente and creamy. Now add green peas, take the risotto from the heat, and add the remaining butter in pieces, half the cheese, chives, and stir it into the rice as it melts. Taste and adjust the seasoning. Set aside.

Toothfish: Heat oil in a pan, season the fish well and sear on one side for 3 minutes or until golden. Turn over and repeat the process on medium heat until fish is cooked.

To serve:

Place the risotto in a middle of the bowl, top with Toothfish and pour the saffron broth from the side. Garnish with left over cheese.



The Ross Sea Antarctic Toothfish Fishery began in 1996, and was certified as sustainable and well managed by the Marine Stewardship Council in 2010. The area is covered by ice for 9 months of the year and, as such, the fishery only operates between December and February. This gives natural protection to the fish during spawning periods.

Vessels fishing in the Ross Sea apply to CCAMLR annually and are licensed to fish for the season. Daily reporting from all vessels, and observers on every vessel, ensure the total allowable catch is not breached. Significant areas of the Ross Sea are closed to all fishing in order to preserve biodiversity.

Seabird mitigation in the Ross Sea has been outstandingly successful with vessels not having caused any seabird mortality for over a decade. Every effort is made by the fleet to ensure the pristine Antarctic environment is maintained in its original state.

“ I love cooking with Ross Sea Toothfish. It has a meaty characteristic, yet is so delicate in flavour with snow white flesh and a creamy texture. ”

- Sunil Kassote - Auckland Fish Market, New Zealand

