

Blackened Toothfish Fillet with Asian Slaw and Jasmine Rice



2 x 200 g Toothfish fillets
Cajun spice
Vegetable oil
1 L water
Pinch of salt
1 cup jasmine rice
1 carrot, julienned
¼ red onion, sliced thinly
100 g red cabbage, sliced thinly
100 ml sweet chilli sauce
50 ml fish sauce

Step 1:

Heat the oven to 180°C. Cover both sides of the Toothfish fillets with Cajun spice. Heat a little vegetable oil in a frying pan and brown both sides of the Toothfish fillets. Place on a baking tray and bake for 12 to 15 minutes until cooked. Boil 1 litre of water with a pinch of salt in a sauce pan and add 1 cup of Jasmine rice. Cook for 10 minutes and drain.

Step 2:

Whilst the Toothfish is cooking prepare the Asian slaw. Julienne (cut into long thin strips) carrot, red onion and red cabbage. Mix with the sweet chilli sauce and fish sauce.

*Top tip – add a red pepper to your vegetables to give more colour.

Serve on the side with your freshly cooked blackened Toothfish and jasmine rice.



Although the Falkland Islands do not fall within CCAMLR waters, regulations on fishing methods and effects have mirrored CCAMLR requirements, leading to zero seabird mortality as a result of fishing activities over the last several years. Dedicated observers are on board throughout the year.

The waters are well patrolled by air and sea, safe-guarding the fishery against illegal operations. Since the mid-1990s there has been no recorded incident of IUU fishing for Toothfish in Falkland Islands waters.

In 2007, CFL and the Fisheries Department undertook a jointly-funded research program into the life-cycle and breeding patterns of local Toothfish, which is used to monitor stock assessment, manage the total allowable catch and ensure long-term sustainability of the fishery.

We are proud to have sustainable Falkland Islands Toothfish on our menu

- Textia Muñoz (Junior Sous Chef),

Malvina House Hotel, Stanley, Falkland Islands

