

Grilled Toothfish Fillet Marinated in Cajun Spices, Aioli Sauce



Serves 4

4 x 150 g Toothfish portions
Sea salt, freshly ground black pepper
Extra virgin olive oil
Cajun spices

For the marinade

50 ml olive oil
Juice of 1 lemon
½ tsp sugar
2 garlic cloves
1 pinch of salt and pepper
Mashed potato mixed with fresh
spinach

Aioli sauce

1 egg
1 garlic clove
¼ tsp sea salt
¼ cup light olive oil
¼ cup extra virgin olive oil
1 pinch of cayenne pepper
Juice of 1 lemon
Freshly ground black pepper

Method:

Combine all marinade ingredients with a whisk and pour over the fish and refrigerate for one hour. Place the fish on a grill pan and season with salt, pepper and Cajun spices, cook under a hot grill, turning over once.

Make enough mashed potato for 4 people and whilst still hot add a bunch of fresh spinach, mix well and cover with a lid.

Aioli sauce:

Using a food blender whisk the egg with the garlic, slowly drizzle in the olive oil until thickened and emulsified, stir in the cayenne pepper, lemon juice and freshly ground pepper.

To Serve:

Serve the fish with the mashed potatoes and the aioli on the side.



South Georgia and South Sandwich Islands (SGSSI) is a United Kingdom Overseas Territory situated 800 miles south east of the Falkland Islands. South Georgia's environment is of global significance, sustaining important seabird and marine animal populations.

In 2012, the Government of SGSSI created one of the world's largest Marine Protected Areas. It encompasses more than one million square kilometres, and is carefully designed to ensure the protection and conservation of the region's rich and diverse marine life, while allowing sustainable and carefully regulated fisheries.

The Toothfish fishery is tightly regulated by the Government of SGSSI in accordance with the rules of the Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR) and has been certified by the Marine Stewardship Council since 2004 as a sustainable and well managed fishery.

I love cooking with Toothfish, it is full of flavour & elegant to the palate. One of the main natural ingredients from South Georgia's sustainable fisheries, always present on our menu.

- Luis Sepulveda Olmedo, Chef,
The Waterfront Hotel, Stanley, Falkland Islands

