

# Herb Crusted Toothfish with Roasted Tomato Sauce



## Serves 6

6 x 160 g Toothfish portions

## Herb Crust

4 slices of sourdough bread

2 tbsp palm sugar

2 tbsp fish sauce

250 g unsalted butter, softened

Leaves from ½ bunch coriander

5 coriander roots, crushed to a paste

1 large knob ginger, peeled and cut julienne

6 red shallots, finely sliced

20 coriander seeds, toasted and ground

## Roast Tomato Sauce

10 vine-ripened tomatoes, cores removed

150 ml extra virgin olive oil

100 ml red wine vinegar

10 g (½ bunch) tarragon, finely chopped

10 g (½ bunch) thyme, finely chopped

Sea salt and freshly ground pepper

## To make the herb crust:

Lightly toast the bread and process into breadcrumbs. Caramelize the palm sugar in a saucepan, add the fish sauce, and allow to cool. Place all the other ingredients in another bowl with the breadcrumbs and add the cooled palm sugar mixture. Mix until the crust sticks together. Refrigerate until needed.

## To make the Roast Tomato Sauce:

Preheat the oven to 150°C. Put the tomatoes on a baking tray with the extra virgin olive oil, red wine vinegar, herbs and seasoning. Roast for 30 to 40 minutes, or until the skin starts to blister and peel. Remove the tomato skin with a pair of tongs and discard. Pass the tomato through a food mill with the herbs and any residual liquid. Put the sauce in a saucepan and reduce for 45 minutes over very low heat. Check the seasoning. If the tomato is a little tart, add a pinch of sugar and more salt.

## To serve:

Flatten the herb crust onto a bench between two plastic sheets or some baking paper. You will need to roll it out around ½ cm thick. Cut to fit the top of each piece of fish, then lift the herb crust off the bench with a fish lifter and place on top of the fish. Place the fish in a baking tray and pour over a little chicken stock to keep them moist during cooking. Place the fish in the preheated oven and cook for about 12 minutes. The crust should start to crisp up and colour. Open the oven door and turn off the oven. Allow the fish to rest while you plate up a small spoon of the roast tomato sauce on each plate. Gently place each piece of fish on to the sauce and serve.



Australia's Heard Island and McDonald Islands Toothfish fishery began in 1996.

In 2002, one of the world's largest Marine Protected Areas was established, which covers nearly 40% of all waters shallower than 1000 metres.

There has been no IUU fishing in these waters since 2006.

In 2012, this fishery was certified as sustainable and well managed by the Marine Stewardship Council.

These achievements recognise a sustainable fishery thanks to the elimination of illegal fishing; the inclusion of the MPA; world leading seabird mitigation techniques; and many other management measures to protect the environment, Toothfish, and other dependent species.

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I love working with  
Toothfish. It is the ultimate  
fish – supremely delicious,  
sustainable, and Australian.”

- Neil Perry, Rockpool Group, Australia

