

HOW TO MAKE SOFT AND FANCY CRUSTS ON FISH FILLETS

GRUYERE CRUST FOR FISH (6-8 PORTIONS)



Introduction

This recipe is impressive dinner party material and ideal for preparing well ahead. You can cook many portions in the oven at the same time and plate them quickly as you will not need much else apart from a sauce and maybe some vegetable such as spinach or asparagus.

It essentially is a very fancy way of serving crumbed fish. The crust can be made ahead for weeks as it freezes well. Although if you do freeze it for longer than a week, you will need to cover it well, so you don't develop any freezer burn.

When cooking it there are two different methods.

Thin fish fillets will require a thinner layer of crust (approx. as thick as the fish fillet itself). Thin fillets cook straight under the grill element of your oven, in a cold pan with cold fluids.

A thicker fillet will require a slightly thicker crust (in any case the crust should not be thicker than 4-5 mm) and the cooking is done slightly differently where you turn the heat to 230C fan-forced, and you preheat the pan and the fluid to a boiling point before you add the fish. This will ensure that the



fish cooks evenly and the liquid in the pan or tray will keep the temperature low, so overcooking is not done easily.

If you use thicker fillets or want to cook it for a larger group of guests its recommended you choose fish that have a more solid and substantial meat often due to carrying more developed connective tissue layers which gives those fish a higher tolerance for cooking like rockling, monkfish bass grouper, gurnard, blue eye or large wild barramundi etc. Check with your fishmonger for regional varieties.

What would be for most fish catastrophic, slightly overcooking these fish and fish cuts will end up with some very juicy firm textured fish meats, as they do better when overcooking and improve their texture through slight overcooking. Those fish also give you more leeway to do other things such as garnishing and plating.

Recipe Requirements

Estimated Preparation Time	15 Minutes
Completion Time	1.5 hours
Skill Level	
Serving Size	3-4 Litres
Equipment	Pot with Lid Strainer Spatula or Wooden Spoon

Ingredients

Ingredients for the crust

- 1) ½ cup thickened cream
- 2) 100 grams Japanese (Panko) breadcrumbs
- 3) 60 grams grated gruyere cheese (or parmesan if you like it a little stronger)
- 4) 90 grams soft butter

Ingredients for the fish

- 1) Fish stock, chicken stock, vegetable stock or water, enough to cover the bottom of tray during cooking (see below)
- 2) Additional flavours that can be added (use one only and not all of them at once)
- 3) 2 tablespoons chopped dill, 1 teaspoon chopped thyme, 2-3 tablespoons finely chopped olives, 1 teaspoon seeded mustard or 1 tablespoon harissa or korma paste.



Method

Method for Crust

- 1) Whisk butter to creamy consistency, add cream gruyere and breadcrumbs.
- 2) Roll this crust between 2 sheets of baking paper to 5mm thick and then freeze or chill in the fridge.
- 3) Remove the top layer of the baking paper and place the fish pieces onto the crust and cut with a sharp knife through the crust, the same size as each fish fillet.
- 4) Turn fillets over and place on a separate sheet of baking paper and remove the top layer from the crust.
- 5) At this stage, you can place the fish into the fridge for up to 2 days (covered)

Cooking Method - Thin Fillet

- 1) This method is used for fish fillets thinner than 1.5 cm.
- 2) Turn on the grill element of your oven.
- 3) Place the fish fillets onto a pan or baking tray and add a small amount of fluid (just enough to barely cover the surface of the tray).
- 4) Place the pan/tray into the middle shelf of the oven. You don't want to be too close to the grill element to avoid uneven cooking.
- 5) Cook for 5-6 minutes when the crust should be golden by now.
- 6) Check the cooking stage by poking a knife just below the fish crust.
- 7) If warm like your shower water the fish is perfectly cooked.
- 8) If colder cook a little longer. In case, the crust is getting too dark switch your oven to 160 degrees fan-forced. If any hotter remove straight away from the pan or tray.

Cooking Method - Thick Fillet

- 1) This method is used for fish fillets thicker than 1.5 cm.
- 2) Turn your oven to 230 degrees fan forced.
- 3) Cover the bottom of your pan or baking tray with some fish stock or chicken stock or water and place into the middle shelf of the oven so it can heat as well.
- 4) Once hot, place the fish fillets into the pan or baking tray. There should still be enough fluid in the tray to cover the surface of the tray.
- 5) For a fish fillet of around 2cm thickness cooks for around 6-7 minutes and if any thicker calculate cooking for 7-8 minutes.
- 6) Check the cooking stage by poking a knife just below the crust.
- 7) If warm like your shower water the fish is perfectly cooked.
- 8) If colder cook a little longer.
- 9) If any hotter then remove straight away from the pan or tray.
- 10) In case, the fish is ready, and the crust is not golden-brown switch your oven to grill so it will help with the browning.
- 11) Remove the fish from the tray and serve.

SESAME SEED CRUST



Introduction

If you like a milder flavour omit the sesame oil from the recipe. You also only coat one side of the fish as coating both sides will become overpowering and the crust too dominant for the fish. This recipe works well with thin fish fillets (maximum 1 cm thickness); if any thicker it works well if you cut the fish into slices and coat the wide side of the pieces with the seeds. The cooking method is basically the same as used for pan frying (thin) fish fillets but you do not have to pre-chill the fish as the crust will give it extra protection.

Recipe Requirements

Estimated Preparation Time

Completion Time

Skill Level

Serving Size

Equipment

Fry Pan

Egg Flip

Ingredients (for 3-4 fillets)

- 1) 2/3 cup sesame seeds
- 2) 1 tablespoon toasted sesame oil
- 3) 1 eggwhite, slightly whisked
- 4) Salt
- 5) Coconut oil or ghee to panfry the fish

Method

- 1) Brush the fish fillets with the sesame oil and slightly salt the fillets.
- 2) Place the sesame seeds onto a plate and heat a frying pan to medium high heat.
- 3) Dip a fish fillet with one side into the egg whites and then into the sesame seeds.
- 4) Lower the temperature to medium and add the oil or ghee to the pan and panfry the fish on the sesame side in the oil (or ghee) until golden brown
- 5) Flip it over and cook on the other side for a few seconds. See how to panfry fish.

CURRY NUT CRUST



Introduction

This recipe works well with thin fish fillets (maximum 1 cm thickness). If any thicker, it works well if you cut the fish into slices and coat the wide side of the pieces with the seeds. Regarding the cooking method, you basically use the same method as panfrying fish fillets (thin fillets), but you do not have to prechill the fish as the crust will give it extra protection. You also only coat one side of the fish as both sides will become too overpowering and the crust will be too dominant for the fish.

Recipe Requirements

Estimated Preparation Time

Completion Time

Skill Level

Serving Size

Equipment

Fry Pan

Egg Flip



Ingredients (for 3-4 fillets)

- 1) 2 tablespoons sesame seeds
- 2) 1 tablespoon pumpkin seeds
- 3) 1 tablespoon flaked almonds
- 4) 1 pinch curry powder
- 5) 1 eggwhite, slightly whisked
- 6) salt
- 7) Coconut oil or ghee to panfry the fish

Method

- 1) Place the sesame seeds, pumpkin seeds and flaked almonds into a food processor and blitz them to a gritty consistency.
- 2) Season with the curry powder and place onto a shallow plate.
- 3) Heat a frying pan to medium high heat.
- 4) Salt the fish fillets slightly and dip each with one side into the egg whites and then into the nut mix.
- 5) Lower the temperature to medium and add the oil or ghee to the pan and panfry the fish on the nut side in the oil (or ghee) until golden brown.
- 6) Flip it over and cook on the other side for a few seconds. See how to panfry fish).