

# THE PERFECT FUSION

for a spectacular event

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## IN THE TASTE KITCHEN

Thursday 23rd July  
1.30pm - 2.30pm

Food Media personality, Lyndey Milan, joins Sydney Showground Executive Chef Tim Browne to prepare Sydney Royal Gold medal winning products that will make your mouth water. You'll learn about the 'best of the best' produce in Australia, and see how the experts serve up innovative award winning cuisine.

*Tim Browne, Executive Chef,  
Sydney Showground,  
Royal Agricultural Society of NSW*



## CORIANDER CURED DAINTREE BARRAMUNDI

with daikon, shiso and a seared ginger shallot dressing



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### INGREDIENTS

400g Daintree barramundi fillet (no skin/no bones)  
1 bunch coriander  
100g rock salt  
100g caster sugar  
Zest of 1 lime

### SALAD

1 daikon radish  
1 telegraph cucumber  
1 punnet micro shiso leaves  
1 punnet micro mizuna leaves  
2 tbsp toasted sesame seeds

### DRESSING

2 tbsp fresh ginger  
4 shallots  
1 tbsp lime juice  
¼ cup soy sauce  
½ tsp caster sugar  
1 tsp sesame oil  
2 tbsp grape seed oil

### METHOD

In a food processor blend the coriander, salt, sugar and lime zest to a smooth paste. Rub the paste all over the barramundi and refrigerate for 3 hours to cure. (Be sure to cover all of the fish to ensure even curing).

Using a moist clean cloth, rub all the paste off the barramundi.

Cut barramundi into thin slices.

### FOR THE SALAD

Shave the daikon and cucumber into a bowl.

Add the sesame seeds and toss lightly.

### FOR THE DRESSING

Thinly slice the ginger and shallots. Place in a heatproof bowl with lime juice, soy and sugar.

Heat the sesame and grape seed oils together in a pan until they reach smoking point. Pour over the ginger and shallot mixture, (be careful as the oil is hot). This will sear the ginger and shallots and bring all the flavours together. Allow to cool.

Arrange barramundi slices and salad on a plate. Spoon the dressing over the barramundi and salad. Scatter with micro leaves and sprinkle with extra toasted sesame seeds.

*Enjoy with your favourite sauvignon blanc or sake.*