

SA Tommy Ruff Fillets in Vine Leaves with Fennel Orange Salad



INGREDIENTS

Makes 6 entrée

- 12 large vine leaves
(If pickled rinse well, if fresh blanch in boiling salted water)
- 12 butterfly tommy ruff
(Australian herring) fillets
- 2 lemons
- ½ teaspoon fresh ground black pepper
- ½ teaspoon smoked paprika
- 2 tablespoons of capers rinsed in fresh water

- ¼ of bunch fresh chopped parsley
- A few basil leaves
- Extra virgin olive oil
- Murray River salt flakes
- 2 fennel bulbs
- 2 oranges
- 1 small spanish onion

METHOD

In a food processor or mortar and pestle combine the following to form a rough paste:

Zest of 1 lemon, juice of half a lemon, black pepper, paprika, capers, parsley, basil and a pinch of salt.

Lay out the vine leaves on a work bench and place a butterfly fish fillet (skin down) on each leaf and spread a little of the marinade paste onto the flesh, fold the fish back up then wrap with the vine leaf.

Allow to stand for 10 minutes while you shave the fennel bulbs as finely as possible. Slice half a red onion, peel and segment the oranges. Toss this salad with some of the green tops from the fennel a generous pinch of salt and pepper with a big splash of olive oil.

Now simply cook the fish on a preheated hot BBQ for about 3 minutes on each side and serve on a little pile of the fennel salad and an extra wedge of lemon.