

SAM CLARK - CENTRAL FIRE STATION BISTRO, NAPIER

Starter

ROASTED TOMATO SOUP, POTATO MOZZARELLA DUMPLINGS & BREAD CROUTONS

Serves 6



Dumpling Dough

Ingredients 725g Flour 9g Salt 260g Water 100g Milk
15g Butter, melted 1 Egg

Method

Sift the dry ingredients, add the wet ingredients apart from the egg, mix for two mins, add the egg, mix another two mins, then knead by hand for 5 mins

Rest the dough for 1 hour before rolling out to 3mm.

Add filling, crimp, and then cut. Boil for 4 mins. Pan fry in lots of butter.

Dumpling Filling

Ingredients

200g Mashed Potato 100g Mozzarella Cheese Salt
Pepper

Method

Mix it up and season to taste.

Roasted Tomato & Red Pepper Soup

Ingredients

1kg Tomatoes, cored and diced 200g Red Peppers, cored and diced 20g Brown
Onion, peeled and diced 15g Celery, trimmed and diced

2 Cloves of Garlic, peeled and roughly chopped
Olive oil Salt
Pepper Tomato Juice

Method

Mix the prepared vegetables with a good glug of olive oil, season liberally then roast on sheet trays till the edges are caramelised and the tomatoes are collapsing.
Blend in an upright blender or food processor till consistency is as smooth as possible.
Adjust consistency with some tomato juice and adjust seasoning if required.

Main

LEMON SOLE, BROCOLI VICHYSOISE & SMOKED FISH BUTTER SAUCE

Serves 6



Vichyssoise

Ingredients

100g Green Leaves (spinach/parsley/kale/chard whatever you have) 15ml Olive Oil
50g Onions, sliced finely
2 each Garlic Cloves, sliced finely
100g Leeks, sliced finely
175g Agria Potatoes, sliced finely & rinsed 500ml Fish Stock
Salt

Method:

Place a large stainless steel or glass bowl in the freezer to chill
Blanch the greens in a large pot of boiling water, transfer immediately to a big bowl of iced water, this will retain the green colour.

In a large heavy based saucepan sweat the onions, garlic and leeks in the olive oil, seasoning liberally with salt
Add the potatoes then cook till soft and falling apart with no colour
Add the fish stock and bring to the simmer, taste, adjust seasoning, check the potatoes are cooked then add the greens.
Blend in an upright blender or food processor till very smooth, adjust seasoning if required. Pour straight into the chilled bowl – place into the fridge and stir regularly to cool down as fast as possible.
Extra smooth and green is the goal here.

Smoked Fish Marinade

Ingredients

50ml Soy Sauce
50ml Fish Sauce
2 TBSP Sugar

Method

Mix the soy and fish sauce with the sugar until thoroughly dissolved. Soak the fish fillets in this marinade for 30 – 60 mins depending on how thick the fillets are.

Dessert

Serves 6

POACHED MERINGUE, APPLE COMPOTE & GRAPE GRANITA



Meringue

Ingredients

50g Egg Whites 80g Caster Sugar

Method

Cook au bain marie to 81*c, whip to firm peaks, steam at 80*c for 8 mins

Meringue Shards

Ingredients

50g Egg Whites 80g Caster Sugar

Method

Whip egg white to firm peaks adding sugar gradually as you whip. Spread evenly on a tray and bake at 90*c for 1 Hour

Tip: Meringue

Once whipped to firm peaks check the meringue is ready by rubbing the meringue between your thumb and finger checking there are no grains of sugar.

Apple Compote

Ingredients 400g Diced Apple 90g Caster Sugar 1 x Lemon Juice 1 x Lemon Zest

Method

Place all ingredients in a small pan and cook on a low heat until the apple is softened and has absorbed the juices.

Stir regularly to make sure it doesn't burn

Granita

Ingredients

100g Water

50g Caster Sugar 275g Grapes

Method

Blend it up, freeze on sheet trays and fork it up as its freezing

TIPS

Refresh Rescued Tomatoes

Roast tomatoes in the oven to get concentrated flavour and then add to a stock.

Use Leek Tops (green part) to make an oil

Leek Top Oil

Ingredients

4 x cups of roughly chopped green leek tops 750ml Grapeseed oil

Method

In a blender, blend the leek tops and oil until rough pure texture is achieved Prepare an ice tray then heat the leek oil in a saucepan to 104 degrees Pour out onto ice tray When oil is cool scrape out into a fryer filter and hang to extract as much oil as possible

Season then store in bottles

Cooking Sole

For fillets scrape the skin with a sharp knife blade to remove excess scales - it's not crucial to remove them all.

Pat the skin dry with paper towels or even better leave the fillets skin side up uncovered in a refrigerator overnight.

Fry skin side down in a very hot non-stick pan, add a tablespoon of canola oil, place the fish then a tablespoon of butter, keep the pan very hot. Fry until the edges curl up and become very golden. This is the best way to get the skin crispy.

Flip the fish and leave on the flesh side in the pan very briefly before removing to a plate or serving dish.

You want to cook the fish 90% on the skin side, the fish flesh should be firm and not give if you gently poke it. Let the cooked fillets rest for 2 mins before serving but the fish should still be hot!

Don't be afraid of high heats, just remember to turn your smoke alarm back on after you've finished!