

**SIRROMET**



A FIVE STAR WINERY



# JAPANESE KINGFISH PLATE

Chargrilled Kingfish with Miso

Serves: 6    Preparation: 40 mins    Cooking: 40 mins

## *You'll need*

300g	Kingfish cut into 4 equal portions
1 tablespoon	mirin
1 tablespoon	dark miso paste
1 teaspoon	brown sugar
2 teaspoons	Japanese soy sauce
1 teaspoon	grated fresh ginger

## *Method*

1. Place all ingredients except the Kingfish into a bowl then stir until combined
2. Marinate Kingfish in the prepared mixture and marinate for a few minutes
3. On a hot griddle, sear the marinated Kingfish
4. Put a small amount of the remaining marinade onto the seared Kingfish then bake in a moderate oven for 5 minutes

## *Wine match*

2013 Grand Reserve Verdelho Blanc

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# JAPANESE KINGFISH PLATE

Sushi with Kingfish

Serves: 6    Preparation: 40 mins    Cooking: 40 mins

## *You'll need*

1 strip of Kingfish fillet	1cm wide by 20cm long
1 strip	cucumber cut to the same size as Kingfish
1 cup	sushi rice
425ml	water
2 tablespoons	sushi seasoning
1 sheet	Yakinori sushi seaweed paper

## *Method*

1. Place rice and water into small pot, cover, and then place on very low heat for 20 minutes
2. Check that all the water has been absorbed. When cooked remove the rice from the pot
3. On a bamboo sushi mat, place Yakinori sheet. Using a wet hand spread prepared rice evenly over seaweed
4. Place both cucumber, sushi seasoning and Kingfish strips along the centre of the rice and firmly roll sushi. Bake in a moderate oven for 5 minutes
5. Trim the ends of the nori roll and cut into 2 equal pieces, then cut each of these again in half on a 45 degree angle.

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# JAPANESE KINGFISH PLATE

Sashimi with intense blood  
orange dressing

Serves: 6    Preparation: 40 mins    Cooking: 40 mins

## *You'll need*

200 grams	Kingfish sliced into 12 thin slices
2	large blood oranges zested and juiced
100ml	rice wine vinegar
2 tablespoons	brown sugar

## *Method*

1. Place all ingredients except the Kingfish into a saucepan and reduce by half
2. Remove from heat and allow to cool

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# JAPANESE KINGFISH PLATE

Kingfish Tartare

Serves: 6    Preparation: 40 mins    Cooking: 40 mins

## *You'll need*

200 grams	Kingfish diced into small cubes
1	lime zested and juiced
1 teaspoon	caster sugar
2 tablespoons	Japanese soy sauce
1 tablespoon	rice wine vinegar
1	small red onion very finely diced
1 teaspoon	grated fresh ginger
1 pinch	smoked sea salt

## *Method*

1. Place all ingredients except the Kingfish into a bowl then stir until combined
2. Add Kingfish and allow to cure for 1 minute

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# JAPANESE KINGFISH PLATE

Garnish and plating

Serves: 6    Preparation: 40 mins    Cooking: 40 mins

## *You'll need*

- 2    red radishes thinly sliced in rounds
- 1    small jar salmon caviar
- 1    green shallot thinly sliced
- 50 grams    pickled ginger
- 1    tube wasabi paste

## *Method*

1. Arrange radish in a circular pattern to resemble a flower
2. Using a small ring mould, place tartare on top of radish flower and then add half a teaspoon of caviar on top of tartare
3. Arrange Sashimi slices on the plate, drizzle with orange dressing and garnish with sliced green shallot
4. Place sushi, a small rosette of pickled ginger and 3 small dots of wasabi paste onto the plate. Place on your grilled Kingfish
5. Serve with a small ramekin of Japanese soy sauce and a pair of chopsticks

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