



GRILLED GROPER FILLET

with a Panzanella salad

Serves 4

- 2 red and 2 yellow capsicums
- ½ cucumber deseeded & chunky cut
- 9 tomatoes
- Small red onion peeled and finely sliced
- ½ ciabatta loaf cut into cubes and toasted
- 1 cup basil leaves
- ½ tsp minced garlic sautéed off
- 5 tbsp red wine vinegar
- 2 tbsp sugar
- 375ml of New Zealand Extra Virgin Olive Oil
- 4 portions groper fillets

PREPARATION:

Preheat oven to 200C

Assemble the Panzanella Salad.

Blend 6 tomatoes. Strain pulp through a sieve to remove seeds and skins. Hang pulp in a muslin cloth or clean tea towel to strain tomato water out, 1 to 2 hours. Remove stems, core and white seeds from capsicum, wash well, place in shallow roasting dish. Roast until skins are well blistered, turning once. Allow to cool before removing skin. Cut flesh into slices.

In small bowl add the red wine vinegar, sugar, garlic and tomato pulp, whisk in 1/3 cup New Zealand Extra Virgin Olive Oil, season with salt & black pepper.

Cut the remaining tomatoes into chunky size. Add red onion, capsicum, cucumber, Ciabatta and ½ the basil leaves torn up into a bowl. Before serving, pour in the vinaigrette and toss to combine.

To serve, pan-fry or chargrill fish fillets with 4 tablespoons of New Zealand Extra Virgin Olive Oil until cooked. Spoon Panzanella salad onto plates, then place Groper fillet on top and drizzle some New Zealand Extra Virgin Olive Oil and basil over each plate and serve.

Chef: Tennesse Liumahetau, Bloom Restaurant, Bloom at Murdoch James Estate, 284 Dry River Road, Martinborough, www.bloomrestaurant.co.nz



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