



## Pan Seared Snapper, sautéed mixed **Mushroom Man** mushrooms, dill yoghurt, baby leaf salad

### Ingredients

- 4x180g fillets of Snapper, ask fishmonger to fillet and portion
- 2 packets of Mushroom Man mix pack
- 2 packets of Mushroom Man King brown mushrooms, finely sliced
- 200g Mushroom Man Swiss brown mushrooms, finely sliced
- 4 tbsp butter
- 1 cup white wine
- Murray River pink salt
- Fresh black pepper
- 1 cup Greek yoghurt
- 2 lemons
- 1 bunch dill, finely chopped
- 2 cups mixed baby leaves
- ¼ cup good extra virgin olive oil

Matched wine  
Primo Estate La Biondina Colombard

Note: The yogurt will need to be prepared the day before.

### Method

1. To achieve a crispy skin when frying fish you must invest in a good, heavy, cast iron pan. It's great for temperature control, which is crucial to getting a skin crispy on fish.
2. Heat up the cast iron frying pan on medium high heat for about 2 minutes.
3. During this time, place your fish on a plate and season with sea salt and pepper, making sure both surfaces are covered.
4. Pour half of the olive oil on the fish and mix the fish through it, covering it with oil. Oil the fish as opposed to the pan is better at home so your house doesn't get too smoky.
5. Place the seasoned and oiled fish in the pan. Allow it to fry on medium heat for about 5 minutes or until you see the side of the fish turning from opaque to a white colour. Try not to play around with it too much, let it do its thing and watch that the pan does not get too smoking hot. The trick is to watch the heat of the pan and not so much the fish.
6. After sufficient time, turn the fish over carefully. Turn the heat on the lowest setting, add the butter and squeeze one lemon into the pan 'not' the fish.
7. Baste the fish with lemon butter you have created in the pan.

### For the Mushrooms

1. Heat up another pan to high heat and let it sit for about 1 minute to heat up.
2. Add the olive oil and allow to heat up.
3. Add the mushroom mix and sauté on high heat for 3 minutes. Season with sea salt and pepper.
4. Deglaze\* the pan (not the mushrooms) and allow the alcohol to burn off before tossing it through.
5. Cook until the white wine has reduced by half.

### For the Yoghurt Sauce

1. Hang the yoghurt in muslin cloth over night in the fridge to dry out, make sure you have a container to catch the liquid under the hanging cheese.
2. Place the yoghurt in bowl.
3. Zest the remaining lemon into the bowl and squeeze the lemon in after it's zested. Add the oil.
4. Season to taste with sea salt and pepper.
5. Add the dill and stir through.

### To Serve

1. Place the mushrooms on the bottom of the plate.
2. Put the fish on top of the mushrooms.
3. Dollop some yoghurt sauce on top.
4. Dress the salad with sea salt, pepper and olive oil and place a little on the side of the plate.

\*using a liquid to remove cooked-on residue from a pan.

[Serves 4]