



GF Friendly

Entree a la Ohau

a light and refreshing adaptation of fried fish

Here's a recipe from our friends John & Jacqui in New Zealand. Unless you've caught the fish yourself (J&J do) and have to prepare it, this dish takes very little time and can be on the table in less than thirty minutes. For dinner parties it can be a refreshing change and certainly looks and tastes different enough to be a surprise for your guests. The fish we used for the photo was frozen Hoki, but we've made it before with fresh Barramundi. I imagine you could substitute almost any type to suit your taste.

Although essentially a starter, we use it occasionally as part of the main course with cauliflower and broccoli cheese.

1 piece of fish per person
1 medium onion
grated cheese
extra light olive oil
butter



Peel the onion and slice into rings, then pan-fry in a little olive oil with a knob of butter until golden and softening. Remove from the pan and set aside.

Prepare the fish if necessary, removing the fillet from the bone, and fry in the same pan to cook through and brown slightly. While turning, be careful to keep the fish in one piece and avoid it breaking up.

Arrange the cooked fish pieces side by side in an oven-proof dish or tray lined with baking paper. Distribute the onion rings evenly on top, sprinkle generously with grated cheese and either grill, or bake in a moderate oven until the cheese has melted and is just starting to brown (not too long or the fish will dry out).

Serve straight away, garnished with parsley and lemon. In the photo we used cubed zucchini and sliced Kiwi fruit.

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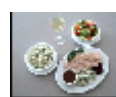
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