



KINGKLIP WITH SALT-BAKED KOHLRABI

Heat a pan to medium to high heat on the stovetop. Add a small amount of cooking oil to your pan and wipe it evenly around the base of the pan with a piece of paper towel. Season the fish with salt and pepper. When the oil is heated, place the fish presentation side (flesh side) first into the pan. Once the fish has fried for 5 minutes on the skin side, or when you see the flesh has turned from transparent to white with a golden brown colour, turn the fish onto the skin side and fry for a further 5 minutes. Remove the fish from the pan and set aside to rest until serving.

Serve kingklip with a slice of salt-baked kohlrabi, roast leek, pea purée and other greens as desired - our dish has blanched Brussels sprout leaves, garden peas and pea shoots.

Salt-baked kohlrabi

In a mixing bowl, whisk egg white to a stiff peak. Fold in the fine salt slowly until it forms a firm paste. Line a baking tray with baking paper. Spread a thin layer of salt paste on the baking paper, place the kohlrabi on top, then cover it completely with salt paste. Bake at 180°C for about 90 minutes or until a cocktail stick can be pushed through the kohlrabi without any resistance. Break the salt crust open and remove the kohlrabi. Using a sharp knife, remove the skin and cut the kohlrabi into the desired shape and size.

Roast leek

Cut off the dark green leaf end of the leek and the root end. In boiling salted water, cook leek for 8 minutes or until tender. Submerge in iced water. Cut the leek down the middle, in a very hot pan add a small amount of oil and place the leeks flat side down, add the butter and thyme and cook until golden brown.

Pea purée

In a pot over medium heat, sweat onion in olive oil. Add peas and chicken stock, bring to the boil and reduce the heat. Simmer for 5 minutes. Strain off the chicken stock and reserve for later. Place peas in a blender with crème fraîche and blend until smooth, adding some of the reserved stock to achieve the desired consistency.

Serves 2

2 kingklip portions
(about 200 g each)
200 g shucked edamame beans
2 portions salt-baked kohlrabi
1 portion roast leek
2 portions pea purée
Brussels sprout leaves, blanched
garden peas, blanched
pea shoots

egg white of 5 eggs
1 kg fine salt
4 large kohlrabi, topped and tailed

1 medium leek
15 ml butter
2 thyme sprigs

1 medium onion, diced
5 ml olive oil
400 g peas
500 ml chicken stock
30 ml crème fraîche