Garfish Roulades with Yabby Bisque

Save the yabby shells. They give the sauce its colour and sweet shellfish flavour.



SERVES 2 AS AN ENTRÉE / OVEN, SAUCEPAN AND FINE SIEVE

Prep 20 min · Cook 35–40 min

Ingredients

4 small garfish, butterflied into 4 boneless pieces, skin on (about 180–240 g prepared)

6 large cooked whole yabbies, chilled, with shells

15 g butter, plus 2 tsp olive oil for the fish and tray

½ small brown onion (about 50 g), finely diced, and 1 medium ripe tomato, chopped

2 tsp tomato paste and 1 heaped tsp plain flour (5 g)

15 ml brandy and 350 ml water

60 ml pouring cream, salt, pepper and a few chervil leaves, if liked

In the kitchen

1. Shell
Reserve the cooked tails. Fry the broken shells with butter and onion.

2. Simmer
Add tomato, flour, brandy and water. Simmer 20 minutes, strain and finish with cream.

3. Roast
Roll and secure the garfish. Roast until the centres reach 63°C.

4. Plate
Remove the picks. Warm the tails in the bisque and spoon around the garfish.

KOOK'S SECRET

Press the shells gently in the sieve. Once the fragrant liquid has drained through, leave the gritty bits behind.

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The full method

01 **Shell the yabbies**

Twist off the tails, peel out the meat and remove the dark vein. Refrigerate the meat. Keep the clean shells and claws, discarding the soft contents of the heads. Break the shells into small pieces.

02 **Start the bisque**

Melt the butter in a saucepan. Fry the shells for 3 minutes, pressing them with a wooden spoon. Add the onion and soften for 3 minutes. Stir in the tomato, paste and flour. Cook for 1 minute.

03 **Extract the flavour**

Take the pan off the heat to add the brandy. Return to the hob, stir in the water and bring to a gentle simmer. Cook uncovered for 20 minutes. Heat the oven to 180°C (160°C fan).

04 **Roll and roast**

Check the garfish for fine bones. Lay skin-side down, season lightly and roll each fish into a coil. Secure with a toothpick. Set upright on an oiled tray, brush with oil and roast for 7–12 minutes, until the centre reaches 63°C.

05 **Finish the bisque**

Strain into a clean pan through a fine sieve, pressing gently. Boil until about 200 ml remains. Add the cream and simmer until it lightly coats a spoon. Gently heat the tails in the sauce until steaming hot. Taste for salt and pepper.

06 **Serve**

Ease out the toothpicks. Set two fish rolls on each warm plate, spoon bisque around them and divide the yabby tails between the plates. Add chervil if using.

FROM MARK'S KITCHEN

Ask the fishmonger to butterfly the garfish and leave the skin on. Run a fingertip along each fillet for any fine bones before rolling.