

Serves 4

## Ingredients

### **4 Flat-Head fillets**

1 Lemon  
4 Sprigs of thyme  
2 tbsp of olive oil or nut oil  
2 tbsp of verjus  
Salt and pepper to taste  
4 rosemary sprigs  
4 cherry tomatoes

### **Stuffing**

3 medium finely chopped shallots  
1 small green finely chopped capsicum  
½ green or red fresh finely chopped chilli (hot)  
½ cup of parsley finely chopped  
½ cup of finely chopped walnut pieces  
¼ cup of almond oil

### **Garnish – using a star mould**

Large red & yellow capsicum  
¼ cup chopped fresh herbs (optional)  
(parsley, thyme, oregano, marjoram)  
1 tbsp oil

### **Pesto**

¼ cup fresh basil leaves  
¼ cup shelled unsalted pistachio  
¼ cup grape seed oil  
½ cup olive oil  
½ tsp mustard seed  
1 egg  
2 tbsp lemon juice  
1 clove garlic (salt to taste)

## Method

Preheat oven to 200C.

### **Garnish**

Cut each capsicum in half. Remove the centre and seeds. Lay capsicum flat under a very hot grill and cook until it is bruised and blistered. Remove from heat and place into a plastic bag and leave to cool and sweat. Peel the capsicum skin. Press the star mould into the capsicum. Put the capsicum stars aside. Finely chop the remaining capsicum. Mix with herbs, olive oil and set aside.

### **Stuffing**

Heat the oil in the pan. When hot place the shallots and cook until golden brown. Then stir in the capsicum and chilli and cook until tender. Finally add walnut and parsley. Mix all ingredients thoroughly and remove from heat.



# Star Fish

---

## **Fish**

In an oiled baking dish, place the rolled up fillets, leaving a well in the centre. Place the stuffing inside each one. Season to taste. Place wedges of lemon and sprigs of thyme between each rolled up fillet. Drizzle with olive oil. Bake at 200 degrees for 20 to 30 minutes or until the fish is cooked.

## **Pesto**

Place basil, garlic, pistachio, mustard seed, lemon, egg in a food processor. Process for 2 to 3 minutes until ingredients are finely combined. Whilst processing add oil and keep processing until mayonnaise consistency.

## **Presentation**

Place the chopped capsicum in a presentable dish. Lay each rolled up fish onto the chopped capsicum. Gently place the star shaped capsicum on top of the fish concealing the stuffing. Sprinkle with parsley and drizzle with verjus.

Copyright © Jean-Claude de Toulouse 2010.

All rights reserved, including the right of reproduction without prior written permission.

---

**ADELAIDE CENTRAL MARKET -LVL 1/22-60 GOUGER STREET - ACCESS VIA CARPARK LIFT**  
**T: 8212 9669                      E: [info@explorecc.com.au](mailto:info@explorecc.com.au)                      W: [www.explorecc.com.au](http://www.explorecc.com.au)**

ABN: 36 847 527 433