

FROM SARAH ARNOLD'S KITCHEN

BACK FROM A STINT ON CHANNEL TEN'S MASTERCHEF, LOCAL BUSINESSWOMAN SARAH ARNOLD OFFERS SOME OF HER TOP DISHES.



FENNEL SALT-CRUSTED LINE-CAUGHT BARRAMUNDI ON A BED OF FENNEL SAUTÉ WITH BLOOD ORANGE SAUCE AND BROAD BEANS

SERVES 6
 6 × 200g portions of rectangular cut barramundi, skin on (approx 2.5cm thick)
 3 tablespoons fennel seeds, toasted
 Sea salt
 Grape seed oil

FENNEL SAUTÉ
 2 large fennel bulbs, finely sliced
 1 onion, finely sliced 100ml olive oil
 1 tablespoon of fennel seeds, toasted
 100g pine nuts, toasted
 50g raisins, chopped
 Fennel fronds

SAUCE
 2 blood oranges juiced (or 200ml blood orange juice), strained
 1-2 tbsp white sugar
 Lemon to taste
 Sea salt

TO SERVE
 Extra virgin olive oil
 Fresh or frozen broad beans approx 6 per person, blanched and peeled
 Cypriot black sea salt
 Micro rocket/micro herbs

- 1 Make the salt crust: toast fennel seeds and grind 2 tablespoons with salt in a spice grinder or mortar and pestle, cover skin generously with the fennel salt.
- 2 Sauté finely sliced fennel bulbs with onion in olive oil until soft. Add extra toasted fennel seeds, raisins and pine nuts. Add blanched chopped fennel fronds. Set aside.
- 3 Peel, blanch and shell broad beans season and toss in olive oil.
- 4 In an oven proof frypan cook the fish skin side down in grape seed oil, holding firmly down with a fish slice until the skin is crisp. Turn the fish and finish in a 180C preheated oven for 5-7 minutes.
- 5 Reduce blood orange in a pan with enough sugar so it has body. Finish with a squeeze of lemon. Taste to make sure it isn't too sweet and season to taste.
- 6 To plate up, sit the fish fillet on a bed of fennel sauté. Pour some blood orange sauce around the fish and 'drop' in the EVOO. Scatter broad beans in sauce and around the plate and garnish with Cyprian black sea salt and micro rocket or herbs.



FALLEN MILK CHOCOLATE PUDDINGS

MAKES 6
 Unsalted butter softened for greasing
 Plain flour for dusting
 350g couverture milk chocolate buds
 4 eggs
 125ml pouring cream
 50g unsalted butter at room temperature cut to 1cm cubes

- 1 Grease 6 × 125ml dariole moulds with softened butter using a pastry brush, dust with flour and refrigerate until needed.
- 2 Put chocolate in a heatproof bowl and melt over a saucepan of simmering water, stirring until melted and free flowing.
- 3 While the chocolate is melting, break eggs into a bowl and whisk gently together. Bring cream to the boil in a saucepan over a medium heat, set aside and cool for 5 minutes.
- 4 Add several spoons of melted chocolate to the egg and gently mix through, then slowly, gently mix through the rest of the chocolate.
- 5 Add the cream and gently mix through. Add the cubes of unsalted butter and mix until melted.
- 6 Cover the mixture with cling wrap and leave to set for an hour in the refrigerator until fudgy.
- 7 Spoon the mixture into the chilled dariole moulds filling almost to the top. Refrigerate for 30 minutes or overnight.
- 8 Preheat oven to 200C and evenly space moulds onto a baking tray and bake for 15 minutes. The puddings are ready when the edges crack and there is a soft dome shape in the centre.
- 9 Allow to cool for 3 minutes before carefully up-turning puddings onto serving plates. For a luxe finish garnish with gold leaf.
- 10 Serve with crème anglaise and raspberry coulis.