

EDDIE NOBLE VS. PUBLIC BBQ



**GRILLED KING
PRAWNS**

WITH RED PEPPER VINAIGRETTE

**& GRILLED KING
GEORGE WHITING**

WITH SAUTEED POTATOES AND SALSA VERDE

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The prawns

½ CUP FINELY DICED
ROASTED RED PEPPERS/CAPSICUM
(TINNED IS ABSOLUTELY OKAY)
1 TBSP TOASTED AND COARSELY
CRUSHED CORIANDER SEEDS
¼ CUP EXTRA VIRGIN OLIVE OIL
(WE USED RIO VISTA)
⅓ CUP WHITE WINE VINEGAR
SALT AND PEPPER TO TASTE
12 SKEWERED U8 KING PRAWNS
(PEELED WITH THE HEAD IN TACT)

SALSA

Combine all the ingredients well
in a mixing bowl, season with salt
and pepper to taste and set aside.

PRAWNS

Preheat your BBQ/grill for 5-10 mins
on a medium heat.

Dress the prawns with olive oil, salt
and pepper.

Cook them on the grill, 2-3 mins
maximum on each side.

Just before taking them off the BBQ,
squeeze half a lemon over them
(careful this will smoke up)

Arrange them nicely on a platter,
dress liberally with the vinaigrette
and enjoy.

The whiting

4 FILLETS KING GEORGE WHITING
(ASK YOUR FISH MONGER TO PREPARE
THESE FOR YOU)
1 CUP OF PEELED AND DICED POTATO
2 TBSP FINELY CHOPPED PARSLEY
2 TBSP FINELY CHOPPED DILL
1 TBSP FINELY CHOPPED MINT
2 TBSP FINELY SLICED GREEN OLIVES
1 TBSP FINELY CHOPPED CAPERS
1 TBSP UNSALTED BUTTER
LEMON JUICE, EXTRA VIRGIN OLIVE OIL
AND SALT TO TASTE

Preheat your BBQ/grill for 5-10 mins
on a medium heat.

Blanch the diced potato for 4-5 mins in boiling
salted water, drain and set aside.

Once you've drained the potatoes, add them to a
small saucepan with ¼ cup extra virgin olive oil,
stirring them gently and allowing them to get a
bit of colour.

While your potatoes are cooking, season the skin
side of the fish with salt, place onto your oiled
grill and allow to cook. Try gently pressing the
fish down as it curls to allow all the skin to make
contact with the grill.

Cook the fish for 2-3 mins on the skin side, only
lifting once a crust has formed and it easily lifts
off the grill.

Cook on the flesh side for another 30 seconds,
remove from the heat and allow to rest.

To finish the potato. Add all the remaining
ingredients to the pan with a good glug of olive
oil and a squeeze of lemon to create a sauce.

Season to taste and generally dress over your
fish and enjoy.

Eddie Noble,
owner of Noble Food
and chef at Louca's
Seafood Restaurant



THE CHEF



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