



# HAUTE CABRIÈRE

FRANSCHHOEK

## *Pan-fried line fish with salsa*

Serves 4 | Pair with **Haute Cabrière Chardonnay Pinot Noir**



### INGREDIENTS

#### **For the line fish**

4 x 180 g fillet weight, fresh line fish  
Canola oil to cook

#### **For the spelt**

150 g spelt or barley  
1 clove garlic, sliced  
50 ml olive oil  
50 ml canola oil  
2 sprigs of thyme (crushed)  
50 ml sherry vinegar  
4 large courgettes  
Salt and pepper

#### **For the tomato & spring onion salsa**

20 cherry tomatoes  
20 g spring onion  
10 g chives  
10 g flat leaf parsley  
50 ml olive oil  
30 ml red wine vinegar  
10 g brown sugar  
Salt and pepper

### METHOD

**For the spelt** | Cook in water until soft and set aside to stay warm. In a bowl, combine sherry vinegar, olive oil, canola oil, thyme sprigs and a thick slice the garlic, salt and pepper and set aside. Thinly slice the courgettes on a mandolin and then dry-grill on a hot griddle pan or charcoal grill. When char marks appear, remove and place in oil mixture you have set aside. Stir well, but gently, and then add the spelt. Leave to stand for at least 30 min at room temperature.

**For the salsa** | Cut the cherry tomatoes into quarters, finely chop all the herbs and combine. Add brown sugar, salt and pepper. Stir well, then add the vinegar and olive oil and let stand for 10 minutes

**For the line fish** | Season the fish with salt and pepper and cook in some oil on medium heat, skin side first. A portion this size should cook about 2-3 minutes a side. When the fish is cooked remove from the heat and place on paper towel.

**To plate** | Place some of the spelt mixture in the middle of an unheated plate. Place the fish on top of this. Spoon salsa around and over and ensure to get some of the salsa juices on too.