

# glacier 51<sup>TM</sup>

TOOTHFISH

## Preparation & Cooking



---

Glacier 51 is a fish that can withstand high heat and robust flavourings. Its high fat content allows it versatility in the kitchen. When crisped, the skin becomes crisp and glassy like suckling-pig crackling.

Glacier 51 Toothfish arrives as a whole fillet, or trunk; super frozen and vacuum packed to retain its culinary integrity. To defrost the fillet simply keep it in the bag and thaw it in fridge overnight or for 24 hours in the bag. Once thawed, remove from bag and pat dry.

The Glacier 51 fillet can't be pin-boned because the bones are too large and tightly bound to the flesh. It can however be butchered and broken down into top and bottom loins, for utilisation as either

supreme, darne, pave and belly trim to be used in a range of culinary applications.

These include crisp skin, butter poaching, barbecuing and miso marinade/Saikyo. The tail and cutlet of smaller Glacier 51 toothfish offer a unique point of difference on the plate and yield the best results through barbecuing.

# Preparation & Cooking



## Culinary applications

The high fat content and broad scalloping flesh of the Glacier 51 Toothfish allows excellent versatility in the kitchen. The following are recommendation cooking applications specific to certain cuts of the Glacier 51 Toothfish.

### 1. Crisp Skin

Crisp skin is a cooking technique that brings out the best in the Glacier 51 toothfish. Using a fish weight, ghee, baking paper and medium heat the technique delivers a crisp skin, that is glassy like suckling pig crackling. It also allows the fish to cook while retaining soft, scalloping flesh of the fish. The technique is best suited to Darne and Pave cuts.

#### *Crisp skin method*

1. Start with fillets of the premium fillet Darne or Pave
2. Bring the fish to room temperature
3. Add ghee to a pan and bring to a haze
4. Back off the heat to medium to help render the fat under the skin and place the fillet skin side down for 3-4 minutes.
5. Place baking paper on top of the fish and a fish weight to hold the fish flat and help crisp the skin
6. Take weight off, turn the fish over for one minute to seal
7. Rest for 2 minutes until the fish has a core temperature of 45C
8. Season and serve

### 2. Butter poaching

Butter poaching is a cooking technique that gently heats the fish and add richness too. The Glacier 51 benefits from being poached in a soft, foaming pool of butter that provides a consistent, gentle cooking medium. This technique is ideally suited to the supreme cut.

#### *Butter poaching method*

1. Cut 90-100g supreme at an angle from the whole fillet
2. Place 40g of butter in a pan on medium heat
3. Let the butter 'froth and bubble'
4. Place the supreme in the butter for one minute and constantly baste the the fish.
5. Flip over for another minute and constantly baste the fish.
6. Plate and spoon butter over top and serve with lemon

### 3. Barbecuing

Barbequing is a technique using high heat and fast cooking times. The technique helps render the fat, deliver a crisp skin and get the best out of the Glacier 51 Toothfish. This is best suited to the Darne, Pave and cutlet.

#### *Barbecuing method*

1. Salt the skin, or cutlet and rub with oil
2. Place on the grill for 4 minutes with a bowl covering the fish
3. Turn over and grill for another 2 minutes with bowl covering
4. Take off the grill and rest it for 3 minutes

### 4. Miso Marinade/Saikyo

Miso marinade or Saikyo is a traditional Japanese technique of persevering fish. When under marinade for 24 hours, the method helps retain the moisture in the fish as well as add a depth of flavour. The technique helps prepare the fish and allows for caramalisation when subject to high heat such as under a grill or in the oven. This is best suited to the Darne, Pave and Supreme cuts.

## Location Map

