

World Gourmet Summit 2003 Culinary Masterclasses

The Cuisine of
Floyd Cardoz
Tabla, New York, USA

Seared Snapper with Maple Tamarind Glaze



Serves 4

Ingredients

Glaze :

- 1 tbsp canola oil
- 1 tsp coriander seeds, crushed
- ¼ tsp Szechwan peppercorns, crushed
- 1 tsp black peppercorns, crushed
- 1 tbsp butter
- 1 tbsp ginger, chopped
- 1 tsp garlic, chopped
- 1 tbsp shallots, chopped
- 1 fresh chilli pepper
- ½ cup tamarind paste
- 1 cup fish fumet
- ¼ cup maple syrup
- ¼ cup cognac
- 1 tsp coconut vinegar
- salt & pepper, to taste

Fish :

- 170g snapper filets
- (x4) eggs
- 2 flour
- 2 tbsp rice flakes
- 2 cups canola oil
- 1 cup salt & pepper, to taste

Method

For the glaze: Choose a saucepan with a heavy base. Over medium heat, toast coriander seeds, Szechwan and black peppercorns in canola oil until fragrant. Add the butter, ginger, garlic and shallots and cook for a further 3 – 4 minutes. Then add the chilli, fumet, some maple syrup and tamarind, and simmer for 45 minutes. Lastly, add coconut vinegar.

For the fish: Mix the egg and the flour to a smooth paste. Brush this paste on one side of the fish and lay it brushed-side-down in a bowl of rice flakes. Then heat oil in a *sauté* pan over medium heat and sear the fish for about 3 minutes on each side. When done, serve on a plate and spoon tamarind glaze around.