

Maggie Beer's
BIG MISSION

FISH FLORENTINE

A luscious creamy protein rich meal.

PREP TIME: 45 minutes
COOKING TIME: 1 hour
SKILL LEVEL: Low

INGREDIENTS

10 SERVES 120 SERVES

1.2kg	14kg	Barramundi fillets
7g	80g	Lemon zest
23g	280g	Extra virgin olive oil
1g	14g	Salt

Butter Spinach

120g	1.4kg	Butter, salted
20g	220g	Extra virgin olive oil
230g	2.8kg	Spinach frozen, defrosted
170ml	2L	Milk, full cream
20g	200g	Skim milk powder
2g	30g	Thyme, fresh
1g	14g	Salt

Mornay Sauce

35g	415g	Butter, salted
35g	415g	Plain flour
750ml	9L	Milk, full cream
1g	14g	Salt
0.5g	4g	Nutmeg, ground
23g	280g	Dijon mustard
230g	2.8kg	Cheddar cheese, grated
150g	1.8kg	Parmesan cheese, finely grated



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METHOD

Buttered Spinach

1. Heat butter and oil in a pan
2. Add spinach / silver beet in 3 stages and toss until wilted
3. Add the salt and sprigs of thyme
4. Pour over the milk and simmer slowly for 20 minutes.
5. Remove the thyme stalks. Taste to check spinach / silver beet is soft and creamy and the liquid is absorbed.
6. Taste to check the seasoning.

Mornay Sauce

1. Melt butter until nutty, add flour and stir until foamy.
2. Add small amounts of milk at a time including salt and ground nutmeg and Dijon mustard.
3. Add the remaining milk to achieve a smooth moderately thick sauce.
4. Take off the heat and add the cheddar and half the parmesan cheese.

Fish

1. Pre-heat oven to 180°C
2. If frozen, ensure that the fish has been defrosted and is free of water
3. Pat the fish dry and drizzle with extra virgin olive oil, lemon zest and salt.
4. Grease trays with butter or extra virgin olive oil.
5. Lay creamed spinach on base, then fish and top with the mornay sauce.
6. Bake for 15 minutes in 180°C oven (fan forced) and check the fish is at 70°C.
7. Turn oven up to 220°C and sprinkle fish with remaining parmesan cheese.
8. Bake at grill for a further 5 minutes to be achieve golden topping and check that fish has reached 75°C.
9. Remove and allow to rest.

