



loch lomond shores

Rohan Wadke's Seabass Moilee

Ingredients:

- 80g Seabass Fillet
- 5g Salt
- 2g Fennel Seeds
- 15ml Oil

Method:

Marinate the fish fillet for 15-20 mins (no longer!) before pan frying skin side down

Sauce:

- 100ml Coconut Milk
- 10g Fresh Ginger
- 30g White Onion
- 15ml Oil
- ½ a Green Chilli
- 1tsp Mustard Seeds
- 5ml Lime Juice
- 5g Turmeric
- 5g Fresh Curry Leaves
- Pinch of Sugar

Method:

1. Heat oil in a pan on a medium heat
2. Add mustard seeds, curry leaves, ginger julienne, sliced Onion, & chopped Chilli
3. Sweat down on low heat for 2 minutes
4. Add the Turmeric
5. Finish with the Coconut Milk, Lime Juice, Salt & a pinch of Sugar





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Rohan Wadke's Beetroot Pachadi

For the Beetroot:

- 100g Beetroot, finely diced
- 50ml of White Wine Vinegar
- 20g Castor Sugar
- 5g Salt
- ½ed Chilli, dried

Method:

1. Place a saucepan over a medium heat
2. Add the White Wine Vinegar, Sugar, Salt, and Chilli
3. Simmer gently and allow sugar & salt to dissolve for a few minutes
4. Remove from the heat and add the diced Beetroot so soak in the flavours
5. Set aside until you are ready to garnish the fish once you have plated it with with the sauce

