

BUSYCOOK



Surf 'n turf for a football feast

Salt-roasted saba and a mirin-marinated beef tenderloin fill in the time between goals

WORLD Cup fever has infected us and the second match of the day is played right during dinner time. Do you have problems competing with those little men running around with a little ball? Can't get them to sit still at the table?

Well, join them, I say. Especially since I've already made an easy 10 bucks backing Brazil against England - which I promptly spent on a beautiful little saba mackerel just waiting to be salt-roasted for dinner.

My recipes today are Japanese inspired, through some warped and complicated thought association with the current World Cup venues. I won't even go there.

But the truth is, these two dishes can be prepared well in advance and be left on the dinner table till the match is over. Even the fish.

Although it probably best hot off the grill, the salt-roasted saba manages to taste really good even when cold, especially with a good squeeze of lemon juice over it.

The beef tenderloin is meant to be eaten cold any way. Well-chilled. You can throw it into the fridge at the beginning of the match, or serve it for supper when all the excitement has died down. Or you could allow them to grab it between goals.

Need I add that both dishes are excellent with beer as well?

It still puzzles me why anyone would want to uphold the distinctly red-neck custom of guzzling beer while roaring at a TV screen, but I reckon

World Cup only comes along like a leap year, so it's okay to pamper the boys occasionally.

As for the cooking method, it's so easy that even the guys may want to try it for a bachelor party.

You can roast the fish in an oven toaster, provided you watch over it carefully. I used sea salt I found in Carrefour, which incidentally, is coming out with a Japanese food promotion on July 4.

(I'll be making sushi and inari sushi next week.)

I really like both dishes today. Salt-roasting fish gives it a nice crusty skin and beautifully flavoured flesh. And you don't use any additional oil apart from what's rendered from the skin.

I'm no meat-eater, but the mirin-marinated beef is a temptation. Don't cut it too thin. It needs a nice thickness so when you bite into the slice, the juice literally spurts out. Delicious!



by Pauline D Loh

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Sea salt-roasted fish

Ingredients:

- 1 medium sized fish, preferably tuna or mackerel
- 1 tablespoon sea salt (sel marin)
- Lots of cracked black pepper
- Japanese crushed mixed red peppers

Method:

1. Clean the fish and remove all intestines and gills. Rinse well and pat dry with a paper towel. Cut diamonds across the thickest parts of the fish.
2. Sprinkle sea salt generously on both inside and outside of fish. Don't forget to salt

- the head. Bend the fish slightly so you can salt the cuts as well.
3. Take three or four bamboo skewers and pierce through the fish in its middle (see picture).
4. Check that there are still plenty of salt on the fish and you have not rubbed it off during handling. Add more salt if need be.
5. Grill the fish over a barbecue, in the oven or like I did, in a toaster oven. It takes about 15 minutes for the fish to cook in the toaster oven, and about 20 minutes in a conventional grill or oven. When you can twist the skewers free, the fish is cooked.

Grocery Checklist:

- 1 piece saba mackerel (\$3.30)
- Japanese red pepper (\$2.95)
- Guerande sea salt (\$2.50)

Items are available from Carrefour, but fresh produce prices are seasonal.



Mirin-marinated beef tenderloin

Ingredients:

- 1 piece beef tenderloin
- 1/2 cup mirin
- 1/2 cup teriyaki sauce
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 1 punnet brown mushrooms
- 1 bunch of fresh rosemary, finely chopped
- Freshly ground black pepper

Method:

1. Marinate whole tenderloin in the mirin,

Grocery Checklist:

- Beef tenderloin (\$10.00)
- Teriyaki sauce (\$2.95)
- Ginger/garlic (\$1.00)
- Brown mushrooms (\$3.30)
- Mirin (\$3.00)
- Fresh rosemary (\$2.00)

Most items available from Carrefour, but fresh produce prices are seasonal.

teriyaki sauce, minced ginger and garlic. Add freshly ground black pepper.

2. Allow meat to marinate for 15 minutes. (Or marinate it in the morning and cook it in the evening.)
3. Heat up a little oil in a non-stick wok.
4. Sear fillet on high heat. Reduce heat and cook 4 minutes each side on medium heat.
5. Remove fillet from heat, cool and chill well in the fridge. Cut thick slices and serve on a bed of sliced raw brown mushrooms. Garnish with finely chopped rosemary leaves.