



LANZERAC

HOTEL & SPA

Est. 1692 Since

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Citrus cured Snoek pâté



WITH LANZERAC CHENIN BLANC 2018



45mins



8-12 hours to cure the fish



makes 6 portions

INGREDIENTS PART 1

FOR THE CURING:

200g coarse salt

200g sugar

2 lemons

1 grapefruit

10g parsley

10g coriander

10g thyme

5g pink or white pepper corns



Stephan Fraser

EXECUTIVE CHEF

Lanzerac Wine Estate

"This pâté makes for the perfect companion to serve alongside the Lanzerac Premium Chenin Blanc."



INSTRUCTIONS PART 1

You will need to cure the fish the night before you wish to serve the pâté.

Place the butterflied snoek in a container, one with ideally a sealable lid that will fit in your fridge, if you do not have a tray or container that will be big enough for the snoek then simply cut the snoek into manageable size pieces (you will be flaking the fish later so it doesn't need to be whole).

Combine all the dry ingredients along with the herbs in a mixing bowl, zest the lemons and grapefruit and add the zest to the dry mix. Mix well before spreading the rub over the fish on both sides. I like to also add roughly 6 to 8 sliced of each of the citrus fruit. Seal or wrap the container and leave in the fridge overnight or for 8 to 12 hours.

After the fish has been cured for the required time, remove all the mix and rinse off the snoek, (otherwise you will find your pate to be salty). I recommend rinsing off the herbs and fruit slices to use when you bake the fish as it gives great flavour.

Pat the snoek dry using kitchen paper towel or a food towel.

Pre heat your oven to 200°C and place the fish skin side down on an oven tray. Drizzle with olive oil, add the herbs and citrus slices you have kept from the curing stage and place along the one side of the snoek, fold the other side over and on top of the dressed side. I then make 3 or 4 rather deep cuts across the snoek skin and drizzle with olive oil. Repeat on the other side as well.

Place the snoek in the pre-heated oven and bake for 20-25 mins.



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INGREDIENTS PART 2

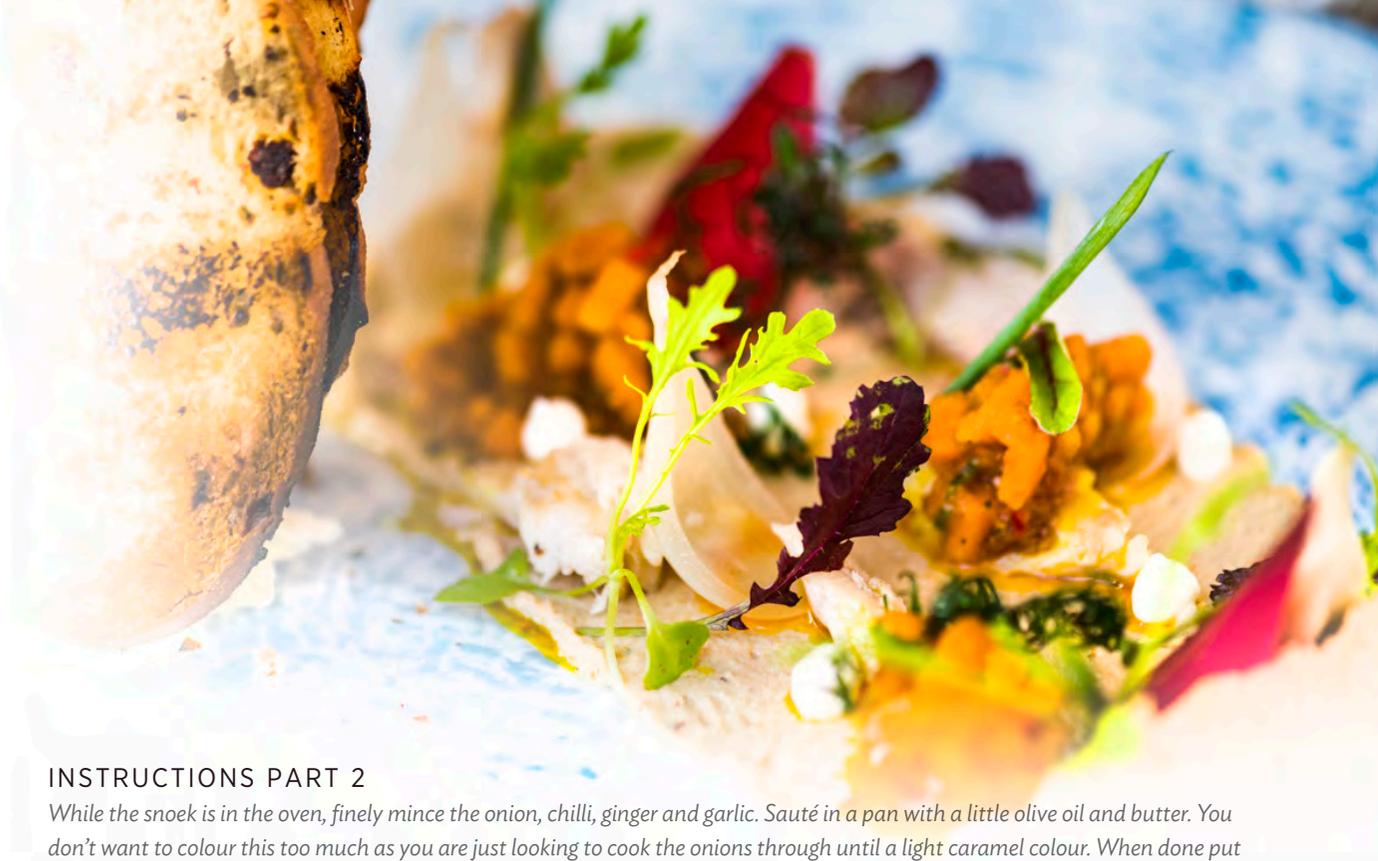
1 butterflied snoek (most fishmongers will butterfly for you)
1small onion
1 red chilli
1 clove garlic
20g piece of ginger peeled
100ml olive oil
25g butter
60ml thick cream (1/4 cup)
60g cream cheese
15ml lemon juice
salt and freshly ground black pepper to taste

Stephan Fraser

EXECUTIVE CHEF
Lanzerac Wine Estate



**I serve this pâté on the Lanzerac Manor Kitchen's winter menu with mosbolletjie toast, beetroot & rosemary pickled onions along with coriander and an aromatic papaya curry.*



INSTRUCTIONS PART 2

While the snoek is in the oven, finely mince the onion, chilli, ginger and garlic. Sauté in a pan with a little olive oil and butter. You don't want to colour this too much as you are just looking to cook the onions through until a light caramel colour. When done put aside to cool down.

Once the snoek is cooked, removed from the oven, put aside and allow to cool.

When cool enough to handle, open up the fish, remove all herbs and citrus slices, then flake the fish into a kitchen processor bowl, removing all bones and skin. Add in any juices that are left on the roasting tray to the flaked snoek, and discard the skin and bones. (Please ensure that your hands are properly cleaned or that kitchen gloves are worn before starting this job)

Add the onion mix to the flaked snoek along with the cream cheese, cream and season with a pinch of salt and pepper.

Place the bowl into the food processor and blitz or mince until all the ingredients are well combined. You can choose the texture of your pâté. Add in lemon juice and mix until the desired taste.

NOTES:

**If you would like to have a nice smooth pâté then keep blending the pate until you reach that texture, don't over work it or the mix will start heating up and will churn the cream cheese and you will end up with a grainy and fatty texture to the pâté. If you like your pâté a more rustic country style texture then I suggest mixing by had with a strong whisk.*