

Sablefish Poached in Garlic Olive Oil with Chorizo Salt



CANADIAN AQUACULTURE
INDUSTRY ALLIANCE

ALLIANCE DE L'INDUSTRIE
CANADIENNE DE L'AQUICULTURE

Species

Farmed Sablefish

Supplier

Sablefish Canada, BC

Pairing

Pumpkin Ale

Ingredients

- 1 fillet of farmed sablefish
- 2 cups of olive oil
- 10 cloves of garlic
- 1 chorizo sausage
- 1 tsp smoked paprika
- 1 cup salt

Method

1. Chop the sausage roughly and fry until crispy in 2 tbsp of the olive oil with the smoked paprika.
2. Spread the sausage on a tray and leave out to dry overnight.
3. Combine the sausage and the salt in a blender and process until well mixed.
4. Pass through a coarse sieve to catch any large pieces. (This will make much more than you need but the resulting salt is good for all occasions.)
5. Put the garlic in the olive oil and put on medium heat until the garlic has slowly browned and flavoured the oil.
6. Remove the garlic and using a thermometer bring the oil to 80 C.
7. Submerge the sablefish in the oil and poach gently until just cooked through.
8. Remove and sprinkle with the chorizo salt.

A collaboration between the Canadian Aquaculture Industry Alliance, Starfish Oyster Bed & Grill and Great Lakes Brewing in September 2009, the Farmed Seafood Extravaganza was a delicious way to showcase the quality, freshness and diversity of seafood farmed in Canadian waters. This gastronomic feast wouldn't have been possible without the support of dedicated growers and regional aquaculture associations across the country.