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easy & delicious recipes

Kingklip & Leeks with Orange Vinaigrette

Introduction:

Zest for life is what this recipe spells on a plate! The combination of kingklip, leeks, orange and tarragon is a winner.

Ingredients

2 ripe, juicy oranges
125 ml fresh orange juice
600 g kingklip fillet, sliced in batons
4 large, firm leeks, well-cleaned
125 ml prepared fish or chicken stock
15 ml dried tarragon
100 ml store-bought Greek vinaigrette salad dressing
10 ml sugar
5 ml fresh garlic, finely grated (optional)
45 ml flat-leaf parsley, chopped
1 packet of rocket

Method

Grate the rind of one orange and set aside. Peel both oranges and cut out all the segments, free from pith or membranes. Set everything aside.

Bring the orange juice to a boil in a small saucepan. Add the fish and cover. Poach for 3 minutes or until just cooked, remove from the heat and set aside, still in the poaching liquid.

Slice the leeks diagonally into 2 cm pieces and place in a small saucepan together with the stock and tarragon and bring to the boil. Cover and poach for 6 minutes or until just tender but not mushy, remove from the heat.

With a slotted spoon, remove the fish and leeks from their stocks and place in a glass bowl. In a separate saucepan, combine the two poaching liquids. Bring to a boil and cook on a high heat until the liquid is reduced by two-thirds. Remove from heat, whisk the dressing, sugar, garlic, flat-leaf parsley and reserved grated rind into the stock and pour the mixture over the fish and leeks. Allow it to cool, cover and place in the fridge to marinate for at least 2 hours.

With a slotted spoon, lift the fish portions out of the marinade and arrange on a bed of peppery rocket leaves and drizzle some of the marinade over the fish pieces. Serve as a divinely delicious starter or light meal with crusty bread on the side.

Serves 6 as a starter and 4 as a light main course