



Peacock Hill Vineyard

HUNTER VALLEY NSW

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Smooth Dory with Cherry Tomatoes Serve with Top Block Chardonnay (serves 4)

Ingredients

4 small-med fillets of smooth dory or deep sea perch
(rinse, pat dry, pick out bones with tweezers)
3 French onions (shallots)- dice finely
150ml verjuice
100g cold butter- cut into 1cm cubes
6-8 cherry tomatoes (or 12-16 grape tomatoes)- dice
finely
3 spring onions-slice the pale green part thinly
Salt & pepper
Extra Virgin or Traditionale Olive Oil
Crusty dinner rolls (the par baked type from the
supermarket)

Method

Cook dinner rolls according to instructions on pack.

In a small saucepan, bring shallots to boil in the verjuice.
Cook for approximately 3 minutes to reduce by about one
third. Remove from the heat and whisk in the butter, one
or two cubes at a time. Lightly stir in tomatoes and spring
onions. Add salt and pepper to taste. Cover to keep warm
while you cook the fish.

Brush olive oil on each side of fish and sear on high heat
for 2 minutes on each side. Fish should flake easily but not
be dry. (A cast iron pan with the wavy/grill surface is great
to give the char grilled pattern)

Arrange fish onto plates, top with tomato and enjoy with a
hot bread roll and a glass of 2002 Top Block Chardonnay.