

Arylene Westlake-Jennings

Picture:
Peter
Maloney



It was a choice between the Kimberley and Gascoyne for Community Newspaper Group reporter Arylene Westlake-Jennings, left, who grew up in Singapore and loves spicy food. Her Cone Bay barramundi with green mango and mizuna salad has a fresh, Asian/Pacific feel with clean, crisp flavours and vibrant colours.

"I looked at the lists of ingredients and knew I couldn't go wrong with tropical flavours, in particular mango and barramundi," she said. "My recipe was adapted from a dish I have made before using mud crab and it works well with all sorts of seafood."

She was encouraged to enter the competition by a former housemate, who also wanted to give it a go but got cold feet at the last moment, leaving Westlake-Jennings to go it alone.

"No regrets," she said. "I've already had one session with Chris (Taylor) and it's quite daunting but I did learn to chop more confidently. I used to just julienne the mango, which made it a bit squishy, but he got me to slice it on a mandolin first, then julienne by hand for a better texture. He's fascinating to watch — and I've learnt to use a lighter touch."

It's been barramundi for dinner just about every night at home as she perfects her presentation and technique, playing with garnishes and plating for the final cook-off.

"I've been trying out different ideas but I think my husband may be getting a little bit tired of barramundi," she said.

WA Signature Dish

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Cone Bay barramundi with green mango/mizuna salad

When celebrity chef Matt Moran describes your product as "the world's best barramundi," it's no wonder Cone Bay Ocean Barramundi is a hero ingredient in a finalist's recipe.

Farmed in the pristine waters of Cone Bay, just north of Derby, these fish tick all the culinary boxes. They spend their days in huge cages swimming against the 10m tides. This athletic existence means the fat is distributed equally about the body. From a chef's perspective this makes them the perfect culinary fish. Their pond-reared counterparts are pot-bellied couch potatoes in comparison. In an age when clean and green are major considerations in the food industry, the fish tick that box too.

"We have these flushing tides coming through this big bay going out into open ocean, so we've got beautiful fresh water all the time," said Desiree Allen from Marine Produce Australia. As a consequence, the fish are parasite free and need very little attention.

Don Stott



Rockcliff Single Site rising 2015, \$35

Zesty, limey palate with a talc-like structure, grapefruit and lemon blossom with a long mineral finish.

ROCKCLIFF