



Sam's Watercress & Blue Cod Dumplings with Sweet Cabbage Fish Broth, Piko Piko, Mussels and Potato

Preparation Time: 45 minutes

Cooking Time: 1 hour

Makes: 2 portions





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Measurements & Ingredients:

Ingredient	Quantity
Dumpling Dough	
High Grade Flour	200g
Watercress	50g
Hot water	70g
Salt	¼ Tsp
Dumpling Filling	
Oyster sauce	2Tbsp
Blue Cod, filleted - reserve frames	1
Watercress	30g
Ginger, peeled and grated	1Tsp
Shallot, peeled	20g
Garlic cloves, peeled	2
Sugar	½ Tsp
Salt	To Taste
Soy sauce	1Tsp
Pepper	To Taste
Egg white	1
Cornflour	1Tsp
Vegetable oil	1Tsp
Fish & vege broth:	
Savoy cabbage, roughly chopped	½
Carrots and its tops, roughly chopped	3
Ginger	40g
Star anise	2
Cinnamon stick	1
Onion, roughly chopped	1
Garlic cloves, peeled	5
Cardamom pods	2
Mirin	1Tbsp
Bay leaves	4
Salt and pepper	To Taste
rice wine vinegar	1
fish head and frames	1Tsp
water	500ml
olive oil	50ml
Garnishes:	
clarified and reserved fish & veggie broth	300ml
mussels	3
pickled piko piko (remove stem)	3



Method:

DUMPLING DOUGH

1. Blanch the watercress for 1 min in a pot of boiling water.
2. Refresh and squeeze out excess water.
3. Place into a food processor or blender with 70g hot water and blend for 2 min.
4. Mix puree in a bowl with flour and salt. Knead together until a smooth ball is formed.
5. Allow the dough to rest in the fridge until cool (20min).
6. Roll out the dough through a pasta roller to the thinnest setting.
7. Cut out circles using a cookie cutter and set aside.

DUMPLING FILLING

1. In a small pan add oil, fry the shallots and garlic with all the seasoning for 2min until fragrant.
2. Pour into a food processor with remaining ingredients and blend for 30 seconds.
3. Taste and adjust seasoning if need be.

FINISHING THE DUMPLINGS

1. Place 2 tsp of the filling into the middle of the dumpling skin and fold in a triangular shape.
2. Repeat for all the dumplings.
3. Steam the dumplings on high for 5-6min on greaseproof paper.
4. Keep warm to serve.,

FISH & VEGE BROTH

1. Place vegetables and fish frame onto a lined tray and season well. Drizzle with oil and roast at 240°C for 20 mins
2. When nicely browned, place all the ingredients into a pot with enough water to cover.
3. Add spices, herbs and seasonings and bring to a simmer.



Method Continued:

5. Simmer uncovered for 20 mins until the liquid becomes concentrated and rich in flavour.
6. Pour the liquid through a strainer lined with a cloth and reserve the liquid.

GARNISHES

1. Transfer some of the broth to a smaller pot and add garnish vegetables.
2. Bring to a simmer and cook until tender.
3. Remove the ingredients as they're cooked to perfection, especially the mussels when they just open up.

ASSEMBLY

1. Place 3 dumplings in a shallow bowl.
2. Pour 200ml of the broth on the base.
3. Add the garnishes around the plate.
4. Finish with some fresh watercress leaves and a drizzle of olive oil.