



Marlin recipe

By Peter Manifis, Incontro Restaurant

1 Kg Marlin steaks, cut into 150g pieces
100g sliced onions
garlic & chilli (optional)
200g roasted peppers, sliced
100g crushed tomatoes/tinned or fresh
500g boiled potatoes, sliced
salt & pepper to taste
100g chopped parsley
100ml olive oil

Method:

1. Preheat the oven to 200°C.
2. Place peppers on lined trays. Spray with oil or rub with oil and place into oven until skin is blistered. Wrap in alfoil to sweat and peel away skin. Slice.
3. Half fill large saucepan and place on to boil.
4. Peel potatoes and cook in boiling water until soft. Remove from boiling water and slice.
5. Heat another large saucepan with 50mls olive oil.
6. Sweat off the onions, chilli, garlic and salt and pepper to taste.
7. Add tomatoes and cook for 15 mins.
8. Add sliced peppers and chopped parsley.
9. Grill the Marlin steak until medium rare (2 to 3 mins) then place on a baking tray.
Pour sauce over the top of the marlin. Add boiled potatoes and bake for 5 mins.
10. Serve into take-away containers.
11. Label and freeze.

The quicker you cool the product, the better it will be!

