

Wordfish Bacon & Egg English Muffin

Chef Josh Niland

Recipe from *The Whole Fish Cookbook*

Ingredients serves 4

1. To make the muffin:

- 500g bakers flour
 - 8g salt
 - 300ml milk
 - 1 whole egg
 - 30g soft butter
 - 6g dry yeast
 - fine semolina for dusting
 - Plain flour for dusting
 - 120ml ghee
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- Combine all ingredients in a standup kitchen mixer fitted with a dough hook attachment.
 - Knead on low/medium for approx 10min.
 - Remove from the mixer onto a lightly floured work surface & roll into a ball.
 - Prove in an oiled bowl in the fridge until doubled in size. Approx overnight
 - Remove from the bowl onto a clean work surface & roll the dough out using semolina to a thickness of 1.5cm
 - Cut to the diameter of a conventional egg ring, then prove on the bench (covered) for approx. 10-15mins, just so they start to prove again.
 - In a hot frypan, add a small amount of ghee & cook on both side with nice colour. Approx 2min, repeat this process till all muffins are browned.
 - Transfer to a preheated 150 degree Celsius oven and cook for further 10minute or until done.
 - The muffins freeze well at this stage and can be thawed when required.
 - It is up to you if you use a regular toaster or hot griddle pan to toast the halved English muffins.

2. To make the swordfish bacon:

- 1kg A+ Grade Swordfish Loin or Belly cut into 4 x 250g prisms

Cure Mix

- 40g Caster Sugar
- 80g Fine Salt
- 1 Star Anise, lightly toasted & cracked
- 15g Thyme Leaves
- 1g Nitrate
- 1 Tablespoon Black Pepper, lightly toasted & cracked
- 1 Fresh Bay Leaf finely cut

Method

- In a clean mixing bowl combine all of the curing mix ingredients together.
- Wearing a pair of disposable gloves, rub the swordfish with the mix until completely covered.

- Place on a stainless steel gastronome tray or cleanest plastic tupperware container that is lined with a square of baking paper.
- Store in refrigerator covered with a square of go between to avoid contact with any other food items.
- Allow to cure for 7 days and throughout these days of curing, turn the swordfish each day using a disposal pair of gloves to avoid contaminating.
- Once time has elapsed & the swordfish is fully cured, remove from the tray & pat dry with paper towel.
- Using a smoker that is capable to cold smoke or most suitable alternative (often times a cheap double steamer lined with foil and soaked wood chips in the base is always good)
- Place the cured swordfish in and cold smoke for 40-45mins depending on your desired degree of smokiness.
- Remove from the smoker & using kitchen string proceed to truss the swordfish.
- By trussing, you can then hang the fish on a hook in a fan cooled refrigerator that will both chill the fish but also condition the flesh to remove a percentage of moisture resulting in a texture that is similar to porkbacon.
- The hanging process to produce the bacon will take anywhere between 3-5 weeks depending on the refrigerator.
- Once the swordfish bacon is ready it can be stored as is on the hook or sliced and stored in an airtight plastic tupperware.

3. The final assembly:

- 60ml ghee
 - 200g thinly sliced smoked swordfish belly bacon
 - 4 fresh free range eggs
 - 4 Tablespoons bush tomato ketchup (see page ...)
 - Cracked black pepper
- In a medium frypan, add half of the ghee and heat to a light haze over a high heat.
 - Add the bacon and fry till crisp and golden approx 4mins.
 - Remove from the pan and hold warm.
 - In the same hot pan, place 4 egg rings inside and crack 4 eggs in, fry till base of egg is golden & crisp approx 1min.
 - Place into a 180 degree oven and cook to desired degree of doneness approx 1min.
 - Spoon ketchup onto toasted muffin base then top with a generous amount of crisp bacon followed by the fried egg & cracked black pepper.
 - Spoon a small amount of ketchup on the inside of the muffin lid, then place on top of egg.



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