



SEARED HOKKAIDO SCALLOPS
IN 1/2 SHELL WITH ROASTED PEANUTS,
SMOKED TROUT, CORIANDER & NAHM JIM

Nahm Jim

Ingredients

- 500ml lime / lemon juice
- 50ml fish sauce
- 1 bunch coriander roots
- 5 seeded chilies
- 3 cloves of garlic
- 1 stick of lemongrass
- 1 Spanish onion
- 100gm palm sugar (or 200gm brown sugar if palm sugar not available)

Method

- Place all ingredients into a pot and bring to the boil.
- Take out the lemongrass & blend. (Should be a thick consistency)

Trout Mix

Ingredients

- 1/4 cup smoked trout
- 1 pinch sliced chillies
- 5 sticks of coriander leaves, picked
- 2 tbls fried shallots
- 2 tbls crushed peanuts

Method

- Mix all together in a bowl until well combined.
- Note: When serving only place 1 tablespoon per scallop shell.

To Serve

Ingredients

- 12 scallops
- 12 scallop shells
- Tobikko roe
- 12 picked coriander leaves

Method

- Sear the seasoned scallops in a hot pan – place 1 tablespoon of the trout mix into each shell. Pour some of the nahm jim dressing on top, then add a picked coriander leaf
- Place a seared scallop on top and garnish with Tobikko roe – serve immediately

Recipe by: Livebait Head Chef Jared Ikihega
For more recipes visit www.livebait.com.au



BELLISSIMO

A TREMENDOUS TRATTORIA...

Stepping out of Melbourne's winter weather, and inside Bellissimo's door, we were pleasantly surprised by the warm welcome and professional service that followed.

Bellissimo's menu features an assortment of well priced dishes including traditional pizza & pasta, as well as a selection of beautifully cooked Italian inspired meat and seafood fare.

For starters, we shared a traditional Italian antipasto tasting plate, featuring smoked salmon, cured meats, a lovely variety of grilled & marinated vegetables and crunchy Grissini breadsticks.

My partner decided on the linguine marinara for her main course, which was a lovely version of this classic, featuring plump, fresh seafood in an olive oil base with just a hint of garlic & chili.

Being a meat lover, I couldn't go past the slow cooked lamb on garlic mash, which arrived medium rare as requested. The lamb was soft, beautifully moist and full of flavour.

Bellissimo's wine list features a variety of reasonably priced Australian wines, together with some Italian offerings,



Bellissimo Cucina & Trattoria
Docklands Drive, Waterfront City
Ph 9326 6636 www.bellissimo.net.au

Reviewed by Nathaniel Stockley

including our selection, the full bodied and flavourful Nero D'Avola from Sicily.

To cap off a lovely evening, we fought over a delicious Sicilian apricot tart with Pecan ice cream.

Remind me to order my own dessert when we return!



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Waterfront City, Docklands 3008

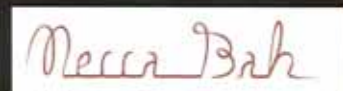
CHEF'S HINTS



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Tender Tips

Bring your steak to room temperature before cooking. This allows the meat muscles to relax & will increase tenderness.

Prep your skewers

Before using wooden skewers, soak them in luke warm water and leave overnight. Doing this will prevent the wood from splintering and can help stop the skewers from burning during cooking.

Meat likes it hot

Whether you are cooking red meat, poultry or seafood; ensure that your cooking surface is very hot before you add any oil or start cooking. Doing this will help lock in flavour and juices, prevent sticking, and stop the oil from having a burnt taste.