



VULTURES

Fish Soup + Flat Bread

Taking place in ep2, the crews were tasked with completing a single dish on a Megamaster, in 25 minute increments - IE: Relay Style!

Fish Soup

1 Fennel bulb	Fresh Lemon
1 Green + red pepper	Salt and pepper
4 Leeks, chopped	1 Tbsp Sesame oil
1 tsp Curry Paste	50ml butter
1 - 2 Anchovies	2 garlic minced and roasted
2 Tbs Onion Flakes	2 Potatoes, grated
2 Tbs Fish Sauce	Smoked paprika
Fresh Ginger sliced	Parsley
Sundried tomatoes, chopped	White Pepper
Fresh Yellow Tail, whole	Shrimp Paste

Mix Peppers, Leeks, Fennel, garlic and potatoes, toss together with sesame oil

Add butter to melt with ginger, onion flakes, shrimp paste, curry paste

Add Onion flakes, smoked paprika, white pepper

Release flavours on med to high heat

Add all vegetables to pot and pot roast for approx 5-10mins

Debone fish

In a different pot, boil the fish bones to make a stock - let it reduce to intensify flavour

Once vegetables are partially cooked, add remaining ingredients

Gradually add fish stock for flavour and let it simmer for as long as possible.

Fry off bacon until Crispy

When the soup is finished, garnish with crispy bacon and coriander

Serve with Flat Bread

Flat Bread

1 Cup strong bread flour	1/2 tsp smoked paprika
1/2 tsp salt	4 Tbsp olive oil
1/2 tsp coriander seeds	100ml warm water

Combine all the dry ingredients together

Gradually add the warm water to bring it together - Knead with your hands to work the gluten and leave it to rest for about 10 minutes.

Once rested, divide your mixture into balls then roll them out.

Heat up a pan and cook them for about 2 minutes on each side.