

Flaming foodie feast

FOOD DISCIPLINE
Barry Kennedy

JOIDEEP Dutt is executive chef of Brazilian restaurant BlueFire at Waterfront City (427 Docklands Dr. Ph: 9670 8008). Dutt has been around the world showcasing Brazilian churrascaria cooking (char grilling meat and fish over flames). Dutt's Australian incarnation includes seasonal vegetables and marinades. Momentum is building for BlueFire, with a second restaurant at Melbourne Central.

▶ **What are the essential Brazilian herbs and spices?**

There are many. Paprika, cinnamon, fennel, chipotle peppers are all used.

▶ **What celebrities have you cooked for?**

I cooked a lot in the Caribbean and on a cruise ship and many stars have past through my restaurants including Tom Cruise, Courtney Love, Michael Jordan and WWF's Vince McMahon.

▶ **What does churrascaria mean?**

Brazilians have a tradition of cooking various cuts of seasoned meat on the fire.

▶ **What new Melbourne restaurant do you want to try?**

Saganaki in the Docklands also specialises in grills. It's a Greek restaurant.

▶ **Favourite Melbourne pub?**

Lions Hotel in Melbourne Central.

▶ **Dish to seduce a woman?**

I would have to say salmon with infused mandarin and hoison. Serve with a spinach and arugula salad with honey mustard dressing. Top with berries and goats cheese.

EXECUTIVE CHEF: BlueFire's Joideep Dutt.

N06DINING



... or try this

Grilled sea bass with Portuguese sauce

- Ingredients:**
 4 small sea bass
 4 tablespoons of olive oil
 Essence
 A cup of chopped onions
 1 cup of seeded, peeled and chopped roma tomatoes
 ½ cup of pitted black olives
 1 cup of fresh fava beans, blanched and peeled
 1 tablespoon of minced garlic
 2 teaspoons of minced anchovy fillets
 2 tablespoons of finely chopped parsley
 1 tablespoon of basil
 1 tablespoon of thyme
 1 tablespoon of oregano
 1 cup of white wine
 1 stick of butter, cut into tablespoons
 Salt and black pepper

Method
 Preheat the grill. Make three slashes across each fish at an angle. Rub each fish with the olive oil and season with essence. Place the fish on the hot grill for 4-5 minutes each side. In a saute pan, heat the remaining olive oil. When the oil is hot stir in the garlic, anchovies, fresh herbs and white wine. Bring the liquid to a boil, and then simmer for two minutes. Fold in the butter, a tablespoon at a time. Remove from heat and season with salt and pepper. Spoon the sauce in the centre of an oblong plate and lay fish on sauce. Garnish with parsley.

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