



Grilled Barracuda with Tahini and Creamy Mashed Potatoes

by **Head Chef Barry Rock**
of **Primo Bar & Bistro**

→ Chef Barry Rock has an ability to let go of the rigid constraints of the kitchen and say, “Let’s try it on a plate.” It’s a cherished philosophy that he embodies in his cooking and credits to memories of his late grandad sharing pots of food with the neighbourhood.

“There was always something to eat,” says Rock as he reminisces about his grandfather pulling together okra, spinach and beef to create a meal in one big pot with staple ingredients. “And there was always some wondering about what you would find at the bottom of the pot.”

The components for these shared meals came from the inspiration of whatever was in the cupboards and from the yields of the kitchen garden—and *everything* that grew in the garden would eventually find its way into a pot with chicken and rice.

This grilled barracuda recipe from the menu at *Primo* (you’ll recognise it as the Lebanese Catch of the Day) is a twist on traditional Bajan grilled fish. The flavours draw from the classic herbaceous seasoning you’d expect from the local cuisine with inspiration taken from the Mediterranean. “It’s the perfect combination of local ingredients and a little bit of chef flair,” says Rock while explaining his choice to share this recipe. It also showcases exactly what you’ll find at *Primo* during dinner service: a Mediterranean-inspired menu that showcases fresh produce and herbs you’ll find around the island. Herbs and produce that would have at one point grown in Rock’s grandad’s kitchen garden. ●



SERVES 2

Barracuda

→ Ingredients

- 4 oz olive oil
- 4 oz black sesame seeds
- 4 oz white sesame seeds
- 6 oz chives
- 2 oz parsley
- 1 oz roasted garlic
- 2 6-oz barracuda fillets
- Salt
- Pepper

→ Instructions

1. Blend the olive oil, black sesame seeds and white sesame seeds for three minutes in a blender or with an immersion blender.
2. Add the chives, parsley and roasted garlic to the mixture. Blend until combined and season the mixture with salt and pepper to taste.
3. Add the barracuda fillets and the herb and oil mixture to a glass or ceramic baking dish and let marinate for 30 minutes at room temperature.
4. Grill the barracuda fillets on medium heat for three minutes on each side.

Mashed Potatoes

→ Ingredients

- 1 lb russet potatoes, peeled and cubed
- 2 tbsp butter
- 6 oz chives, chopped
- ½ cup warm milk
- Salt

→ Instructions

1. Cover the potatoes with water in a saucepan and bring to a boil. Simmer on medium heat until the potatoes are tender (about 10-12 minutes).
2. Drain the potatoes and mash them with a potato masher until smooth. Mix in the butter and chives. Once well-combined, mix in the heated milk. Add salt to taste.

Sautéed Vegetable Medley

→ Ingredients

- 1 oz olive oil
- 2 oz pumpkin, peeled and diced
- 2 oz zucchini, diced
- 2 oz red pepper, diced
- 2 oz onion, diced

→ Instructions

1. In a medium pan, sauté the vegetables in olive oil until tender.
2. Season with salt and pepper to taste.

Tahini

→ Ingredients

- 6 oz olive oil
- 10 oz sesame seeds
- 4 oz parsley
- 4 oz basil
- Salt and pepper

→ Instructions

1. Blend the olive oil, sesame seeds, parsley and basil in a blender or with an immersion blender until smooth.
2. Season the mixture with salt and pepper to taste.

To Serve

1. Spread a generous dollop of tahini on each of your serving plates.
2. Serve 5 oz of mashed potatoes and 4 oz of the vegetable medley on each plate.
3. Lay one barracuda fillet on top of the mashed potatoes and sautéed vegetables.

Tips

1. Rock's number-one secret to this dish is fresh fish and quality ingredients. "Go to the market, spend a little time there, and build relationships with your fishermen," Rock says. "You'll get all the fresh fish, every single time."
2. You can try switching out barracuda for another fish of your choice. Rock says he's tried the recipe with red snapper and mahi-mahi. "Let's try kingfish. Let's try red snapper. Let's try swordfish," Rock says. "Whatever you can come up with, have fun with it."
3. Garnish your dish to suit your taste. Rock enjoys a little something sweet with the dish so he'll reach for a chutney, but he believes anything can be made a garnish if you like the taste. "Once you can think of it, you can use it as a garnish," Rock encourages.