



Sally's Galley

By Sally Oulton*

Tuna Burgers with Mango Salsa

It's mango season! I love this time of year. The green grocers is filled with sweet, orange, pinky tipped mangoes, ripe and ready to be eaten. The sweet smells linger in the air when you enter the shop and you can't resist buying a couple or even a tray full.

I love them not only because of their sweetness and sticky mess, but also they are delicious in a smoothie, a salad and best of all they are a great compliment with seafood. Their tropical sweetness makes it compatible to serve with seafood. Mangoes with prawns. Mangoes with bugs. Mango puree with scallops. Baked fish with mango and so on.

There are over 2,500 varieties of mangoes in the world and they would have to be one of the most popular fruits eaten. They are found not only in Australia, but also Asia, India, Africa, the Caribbean, Latin America, North America and the Middle East. Due to their popularity, I can't imagine too many mangoes are exported because the locals must eat them all.

Filled with vitamins, minerals and fibre, they're not only healthy but delicious as well. And right now they are cheap as chips. While driving along the Hume Highway between Goulburn and Sydney recently, there were several trucks on the side of the road selling trays right off the back at only \$15 a box. Cars were pulling up left, right and centre!

So you may be wondering what am I going to do with mangoes and seafood in this column? In the October issue #146 when I wrote about Tuna Carpaccio I promised to share another favourite tuna recipe when the mangoes came into



season - Tuna Burgers with Mango Salsa.

You may also remember reading that I converted a non-fish eater into one after serving these delicious burgers. So keep that in mind if you have a family member that doesn't like seafood. These burgers might change their mind.

They are meaty, with a hint of Asian flavour meeting with the sweetness of the mangoes. You don't have to serve them as burgers, you can simply have them as good old rissoles with a lovely crisp salad.

This recipe allows you to prepare them ahead of time for when you have guests arriving. They are also great for taking away in the esky with you when you go out in the boat or camping and you can cook them over a BBQ or open fire. The best thing is that it will only take 3-4 minutes to cook them.

Fresh Tuna Burgers With Mango Salsa

Burgers

2 teaspoons olive oil
2 green onions, finely chopped
1 garlic clove, finely chopped
1 tablespoon ginger, finely chopped

Fry until fragrant and cool.

Process 500g fresh tuna (around 2 steaks) then add

½ cup roasted macadamia nuts
½ cup breadcrumbs
2 tablespoon chopped fresh coriander
1 egg
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And then mix the cooled ingredients in and make into patties. Brush with the hoisin sauce flavoured glaze.

Glaze

Combine 2 tablespoons hoisin sauce with

1 tablespoon reduced salt soy sauce and

1 teaspoon sesame oil.

Hoisin sauce can be found in Asian food shops or in the Asian section of the supermarket. It is a lovely, thick sweet Chinese barbecue sauce made from salted black beans, onions and garlic and is great for flavouring not only seafood but also meat and chicken. Once you have glazed the patties, you can put them in the fridge and then make the mango salsa.

(Continued Over)





***Editor's Note:** 37 yr old Sally Oulton was born in Perth, did a stint in NZ for five years, before settling in Dubbo, NSW where she grew up with her family. Leaving Oz in 1994, she travelled to Europe, did the secretarial thing for three years - and then changed course to study cooking in 1997. After her first cooking assignment (in the '97 Admiral's Cup) she spent the next ten years at sea - all over the world - in an extraordinary career that has so far embraced 60,000 miles at sea in everything from crack ocean racing yachts in Europe and South America, 'white yachts' in the Med, Caribbean and the Whitsundays - to Oz game boats off the Fibbons. Now back home, with her partner and a 19' Haines, they plan to explore the GBR via trailerboat.

Mango Salsa

- 1 fresh mango, diced
- 1 plum tomato, seeded, diced
- ½ Lebanese cucumber, diced
- ½ red onion, diced
- 2 tablespoons fresh chopped coriander
- Juice of 1 lime or lemon
- Combine together.

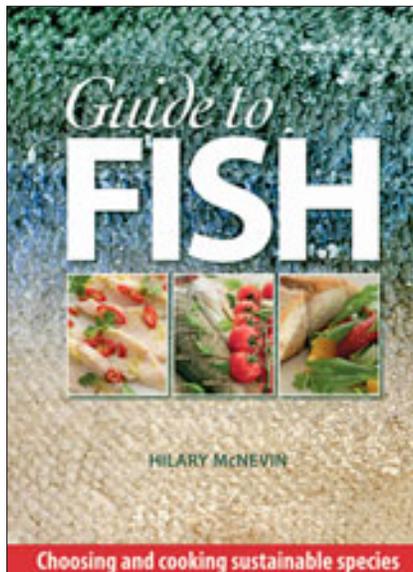
Take the patties out of the fridge ten minutes before cooking. Preheat the BBQ hot plate or a pan and cook for 3-4 minutes each side. Place on a plate and top with the mango salsa.

Bon Appetit!

Guide to Fish

Recently I received a new cookbook in the post. I thought it would be worth mentioning, as I believe it would be a great guide to stock in the galley or at home for those of us fishing off our shores.

Hilary McNevin, a Brisbane native who worked internationally in hospitality management and in front-of-house at restaurants, wrote it. It is unlike other cookbooks because it provides a lot of information you need to know about not only the fish you catch but when buying, cooking and eating fish, the sustainable way. It is a user-friendly, informative guide profiling 23 different Australian wild,



Sally's Traditions & Superstitions

Did you know . .

Have you ever thought of where the word grog comes from?

Sailors of the British Royal Navy began using the name disdainfully when in 1740, Vice Admiral Sir Edward Vernon announced that their daily ration of a half-pint of rum was to be diluted with an equal amount of water. As a result of this unpopular order, the sailors nicknamed the Admiral 'old grog' because of the impressive program cloak he wore on deck.

sustainable species of fish. Any of the fish in the guide that are considered sustainable enough to buy regularly have a green fish symbol and any fish that are safe to buy, although not as often, perhaps once every couple of weeks are noted with an amber fish symbol. The information gathered is based on research by the Australian Marine Conservation Society (AMCS) and includes comments on the farmed species.

McNevin humour and imagination comes across with each profile of fish. She describes a barra a little like a friend of her husband's. All bravado, all talk, showing off when girls are around, but once you get to know him he's just sweet and gentle. The grouper is described as a funny looking chap pronounced *grop*er not as it is spelt, and the mulloway sounds like it could be a kind of single-malt whisky.

My favourite is how she describes the red emperor. It shimmies about the ocean like an aquatic supermodel. She is seductive in her colouring – big, beautiful and bold – and she likes to tease, as she is not part of the emperor family but rather a type of sea perch. She's expensive and she knows it. Believe me, she's worth it.

McNevin includes information about when each species is in season, what fresh fillets should be like when shopping, the texture of the fish when it is cooked, the flavour of the fish and which methods of cooking are best suited to that type of fish. Each fish is accompanied by 3-simple, easy to prepare recipes designed for the busy cook and also includes wine and beer recommendations.

A real true blue fisherman's cookbook!

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