



**Fish\* Filleting & Knife Skills with Chef Evan Michelson**

21 March 2026

**Menu**

Hibiscus & lemon verbena kombucha punch

Raw fish kokoda with coconut

Kingfish ceviche with chili and citrus olive oil

Provençal Bourride made with fish fume

Served with Shelley Bay sourdough

\*Whole trevally and tarakihi line-caught in Eastern cape region on a day boat for Martin Bosley's sustainable seafood company Yellow Brick road; kingfish spear caught locally by Savour founder Wendy's freediving friends

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# S A V O U R <sup>TM</sup>

COOKING SCHOOL

## **Raw fish kokoda with coconut** (serves 3-4)

200g firm white flesh fillet. Cut into 1cm cubes

4-5 Tbsp coconut vinegar or fresh lime juice

1 small red onion

2 tomatoes

½ cucumber

Pinch of chilli powder or 1 fresh chilli (extra if you like spice)

1 tablespoon fresh coriander leaf (reserve roots and stems for ceviche)

Sea salt & pepper to taste

Garnish with coriander leaves and wedges of lemon or lime

## **Method:**

### Preparing the Fish:

In a bowl: mix fish, coconut vinegar and sea salt. Marinate in the fridge for 1 hour until the flesh turns opaque (inside & out). Drain the vinegar/lime juice and transfer fish to a clean bowl.

### Mixing the Ingredients

1. Finely chop red onion, tomato, cucumber, fresh chilli and coriander
2. Strain off the vinegar from the fish, add to salad ingredients
3. Add coconut milk to achieve the right consistency
4. Cover, leave in fridge for the flavours to intermingle (up to 1 hour)
5. Serve in a small bowls, with either lemon or lime wedges and coriander.



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## Kingfish Ceviche (serves 3-4)

250-300g Kingfish (approx.); thinly sliced

1 shallot (or spring onion); finely chopped

1 lemon or fresh lime; juiced

50g olive oil (could be citrus infused olive oil)

1 red chilli; deseeded, and finely sliced

Reserved coriander stems and roots (previously from Kokoda); finely chopped

1 orange (reserve 1/3 orange peel for fish soup)

Small handful or fresh Coriander, finely chopped

Flaky sea salt, to taste

### Method:

1. Finely dice the shallots and toss them with fresh lime or lemon juice. Allow to stand for 5 minutes to soften and develop flavour.
2. Thinly slice the fish and carefully arrange on a chilled plate. (At this stage you may like to cover with clingfilm and refrigerate)

### Serving the Ceviche

Using a brush, gently coat each slice with olive oil, coating each slice lightly. Microplane some lemon zest evenly over the fish. Scatter the citrus-shallot mixture evenly over, and season with sea salt. Garnish with fresh chilli, reserved coriander stems and roots, orange segments, and fresh herbs such as mint, coriander or basil, and flaky salt as desired.

*Serve immediately to enjoy the delicate balance of freshness, texture, and brightness.*



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COOKING SCHOOL

## Provençal Bourride

50g olive oil  
½ onion  
3 stalks of celery  
1 small stem leek  
½ fennel bulb  
1 small potato (100g) – optional ingredient  
3 cloves garlic  
2 bay leaves  
Fresh thyme  
Peel of 1/3 orange  
Pinch of saffron  
Sea salt and pepper

### Liaison

2 egg yolks, 50 mls cream, squeeze of lemon juice, fresh herbs like chives, basil or parsley

### **Method:**

1. Slice all vegetables and gently cook with all ingredients in olive oil until lightly softened and aromatic and lightly softened - no colouration.
2. Add fish fumet, bring to the simmer, cook for 15 minutes
3. Prepare a 'liaison' of egg yolks, cream, lemon juice and herbs in a small bowl

### Serving the Soup

Bring the soup back up to a simmering point, add large pieces of fish into the soup, gently cook for about 3 minutes. Add a small ladle of the soup into the egg yolk mix, return to the soup, reheat but don't reboil



# SAVOUR™

COOKING SCHOOL

## **Fish Fumet**

Fish frames from filleting

½ onion, finely sliced

3 cloves of garlic

sprig of fresh thyme

10g tomato paste or puree

100g white wine

## **Method:**

1. Add all ingredients in a saucepan, cover with water by 2 inches.
2. Bring to the boil, skim and simmer for approx. 20-25 minutes.
3. Strain and reserve liquid for the soup.