

COMFORTING  
WINTER MEALS

JANUARY 2003

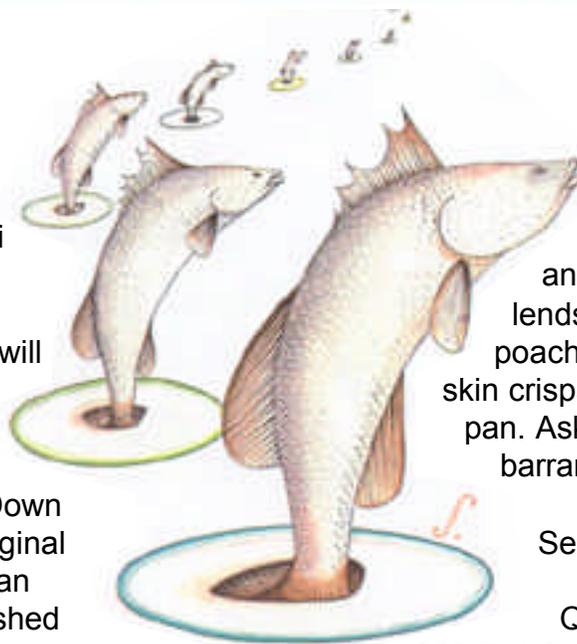
# Gourmet

THE MAGAZINE OF GOOD LIVING

GOOD LIVING

## Aussie Ace

**M**ove over, Chilean sea bass - barramundi is on the move. If you haven't yet encountered this relative of the snook, you will soon. Chefs across the country are discovering that its firm, flaky white flesh makes this mottled fish from Down Under (barramundi is an aboriginal word meaning "large scales") an ideal substitute for that over fished crowd-pleaser.



Also known as Australian sea bass, giant sea perch, and Asian sea bass, barramundi lends itself beautifully to steaming, poaching, and roasting, and its fatty skin crisps like bacon when seared in a pan. Ask your fishmonger if he carries barramundi, or order it directly from

Florida-based distributor Triar Seafood, which sells farm-raised beauties from northern

Queensland. *About \$12 per pound*

*(800-741-3474).*

*-Linda Bladhoim*