

Grilled marron

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Grilled marron

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This delicious grilled marron is the perfect dish for a tasty summer lunch.

Ingredients:

- 6 x 150g live marron
- Salt
- Extra virgin olive oil

For the herb butter

- 250g cultured butter, soft at room temperature
- 1 tsp salt
- *2 tsp Garum di Tonno
- 1 bunch French tarragon, finely chopped
- 1 bunch chervil, finely chopped
- 1 eschalot, finely chopped
- ½ bunch parsley, finely chopped
- 1 clove garlic, minced

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- Grated zest from 1 lemon

Combine all ingredients in a bowl and whip using a wooden spoon. Once combined place onto baking paper and form into a log, wrap in cling film, refrigerate until set.

To serve

- 1 bunch plain rocket, washed and chopped
- 6 lemon wedges herb butter cut into 12 thin rounds

Cut live marron in half from top to bottom.

Heat barbecue until medium hot, brush marron flesh with a little oil and some salt and grill on flesh side for 2 mins, avoiding any flames onto the flesh.

Turn marron over and continue to cook for another 3 mins, transfer to a tray flesh side up, and place 2 slices butter onto each marron. Heat an electric grill. Place rocket leaves onto a large platter or 6 main plates. Place marron under grill until half melted and place 2 marron halves onto the rocket and serve with lemon wedges.

* Garum di Tonno is an Italian fermented fish sauce available online from lario.com.au

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