

# three fish

## SEAFOOD RESTAURANT - CATCH IT

Religious or not many readers will recall the Biblical story of Jesus feeding the Five Thousand from just five loaves of bread and two fish (Matthew 14:13-21). Well, Cronulla now has an up-market seafood grill restaurant with the name Three Fish so one can be assured of a good feed - with or without the loaves.



Owners Chris and Maryanne Carroll have created an informal and relaxed setting oozing with culinary atmosphere in the heart of Cronulla. The feeling is casual and unpretentious, the sort of place you can drop in after a day at the office or beach or for that special culinary feed.

Obviously, fish is the focus at this modern and chic restaurant hence the sub-title of Seriously Good Fish after its restaurant name. Sourcing the freshest produce daily there is no fussing around letting the ingredients speak for themselves so justifying Three Fish's reputation as the finest seafood venue in 'The Shire'.

I have to confess that I have known (and once lived next door) to Tod Laurence for years and who some will recall was one of the chefs at the highly acclaimed Three Brothers restaurant in Sylvania. The Three Fish menu changes almost daily, depending on the catch of the day, so there is a small element of surprise in the dishes offered.

On our visit, we were hosted by our long-time culinary Cronulla-ite friends Maureen and Paul who directed us straight to the menu pointing out the offerings of the day including Pacific oysters with shallots and red wine vinegar or the Salmon gravlax with baby herbs, tomato, capers, and grilled. Alternatively, the Spring Bay mussels steamed with white wine, garlic, chilli or the crispy fried Calamari in panko crumbs, and lemon aioli was tempting.

The Mains offered a wide choice of quality dishes to choose from including Cone Bay Barramundi with steamed asparagus, lemon butter sauce, soft herbs, or the Chermoula marinated salmon with eggplant relish, zataar

spiced yoghurt or, wait for it, the irresistible Three Fish Pie with creamed onion in flaky butter puff - wow what a stunner and my type of dish. For the more traditional palate, there is a choice of the Tempura battered Fish and Chips with blue eye Trevalla and crispy fried with lemon and tartare dressing or for the non-seafood palate the New York cut Sirloin (300g) Angus with béarnaise sauce and crispy fried onion rings is a real treat. It is worth noting that all mains are served with chips (yum) and this is a great culinary innovation relieving the 'husband' from having to ask for 'chips' whilst the 'wife' is closely eyeing the husband's order.

The dishes are served with generous Sides such as Fuel bakery bread roll with chive oil, Steamed seasonal greens with aioli, Mixed leaf salad with avocado, walnuts, walnut oil and orange dressing or Baby cos salad with croutons, crisp prosciutto and Danish fetta. There is also, if you can fit it in, a sensible range of Desserts to choose from including the interesting Macadamia and salted caramel ice cream cake, chocolate mousse, with espresso sauce.

Fully licensed but (thank heavens) also BYO (Bottle wine only) it is open for dinner Tuesday to Sunday from 6.00 pm but closed Monday.

**Three Fish Seafood Restaurant**  
**3/1 Ocean Grove Avenue**  
**Cronulla.**  
**Tel: 02 9523 4888**

*Greg Bondar*  
Food and Wine Editor

