

Roast fillet of cod with crushed herb potatoes, shellfish nage and new seasons vegetables
(by Tom Green, 2007)

4 pieces of cod weighing about 5oz a piece (skin on) (Dorsch / Kabeljau)
600g new potatoes (scrubbed)
1 bunch of chives chopped (Schnittlauch)
75g unsalted butter
3tbsp extra virgin olive oil
1 lemon
1cup of dry white wine
_ fish stock
_ k of mussels (washed + beards trimmed) (Muscheln)
4 sprigs of thyme
20 clams/cockles (rinsed in cold water + scrubbed) (Herzmuscheln)
100g crayfish tails/ prawns
_ saffron strands
2 shallots
1garlic clove
fresh podded broad beans
fresh podded peas
3 tomatoes, de-seeded + cut into medium dice
peas shoots for garnish (optional)



This dish can be juggled around to use any kind of fish or vegetables, other great fish to use in the dish could be Sea Bass, Dorade, Pollock or John Dory. Any shellfish can be substituted for the ones in this recipe, also different vegetables could be used i.e asparagus, green beans, mounge tout, anything with a bright colour and fresh flavour. We use these vegetables as they have just come into season and we can get hold of them on a regular basis. This dish is best served in a bowl style, to contain the very light nage (sauce).

Ask your fish monger to scale and pin bone the cod, they will also portion it if you ask. Firstly clean your mussels by scrubbing them under cold water and removing the beards, discarding any mussels that are open + do not close when you give them a little tap, when this is done get a large sauce pan hot. Slice the shallots and garlic and put them with the mussels, thyme, white wine + fish stock. Throw them in the hot pan all together and put the lid on, give them a gentle shake and within 2-4 minutes the mussels will have opened, as soon as them open pour them into a sieve saving the liquor to make the nage. Put the mussels to one side to cool and pour all but the last drop of mussel liquor into a sauce pan, you leave the last little bit and throw it away as it contains grit + sand. When the mussels are cool, take them out of the shells. Throw the shells away + put the mussel meat in the fridge with your crayfish tails/prawns.

Put your new potatoes onto boil and gently simmer till soft, drain + crush with a fork or large spoon, mix in the olive oil + the juice of half a lemon, salt + pepper and put to one side with a lid on to keep warm. Whilst your potatoes are cooking, bring your mussel stock to the boil with the saffron strands and reduce by half. When reduced you are ready to start the cod.

In a non stick pan heat a little live oil, dust the skin of the fish with a little flour and season the fish with salt + pepper (the flour helps prevent the fish from sticking). When the oil is hot (not smoking), put the fish skin side down and on a medium heat allow to slowly colour the fish, depending on how thick the fillet of cod is will depend on how long you will need to roast it. The idea is to cook the fish 90% on the skin and only quickly flash it on the flesh side (this prevents it from drying out and keeps it moist)

Whilst the fish is roasting put your clams, peas + broad beans in the stock, bring to the boil with a lid on and cook until clams open + peas/broad beans are soft, then add the mussel meat, crayfish tails + diced tomato. Cook for 1 more minute + then stir in butter and _ the chives, keep stirring gently until butter has melted + sauce slightly thickened.

Mix the other half of the chives with potatoes and spoon into centre of warmed dish, spoon even amounts of clams, shellfish + vegetables around the potato, with enough nage to act as a moat around the potatoes. When the cod is cooked, squeeze half a lemon over the fish + sit on top of the potatoes. (it is easiest to tell when it is cooked by gently touching the flesh of the fish, when the flakes of fish seem to separate slightly it means it is ready, alternatively use a small metal skewer and check that the centre of the fish is quite hot)

To finish rip pea shoots and randomly spread over and around the fish alternatively chervil or parsley could be used.

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