

## BBQ Cod Cheek



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**Serves:** 1

**Profitability:**

**Ingredients:**

1 Cod cheek

5 rosemary leaves

1/4 shallot, finely sliced

1 garlic clove or wild, peeled & diced

Talisker whisky

Extra virgin olive oil

Maldon sea salt & mixed freshly ground pepper

Telicherry - pink, black & green

1 lime

1 scallop shell

**Steps:**

Season cod with pepper, salt, squeeze of lime and olive oil - do this 10 minutes before cooking

Place shell over embers to heat up , add shallots, garlic, rosemary, olive oil, pepper.

When shallots are see through, add cod cheek, cook for 2 mins, turn, add dash of talisker, cook alcohol off.

Cook for 1 more min, adjust seasoning and lime.

It gives you a mixed flavour between a ceviche and a pil pil. Make sure not to over cook, or it will become tough.

You can also use hake cheeks, monkfish or Halibut.

Serve with a side salad and a squeeze of citrus fruit