

Pan Fried Cod, Fondant Potato & Gazpacho Salsa



Preparation time: 10-15 minutes

Cooking time: 45 minutes - 1 hour due to the fondant potato

Serves: 5

Profitability:

Author: Dominic Powell, executive chef at Fish at 85, Cardiff

Ingredients:

GAZPACHO SALSA

6 tbsp extra virgin olive oil

2 tbsp sherry wine vinegar or red wine vinegar

3 garlic cloves, minced

1 tbsp smoked paprika

1½ tsp coarse salt

¾ tsp freshly ground black pepper

3 medium tomatoes, cored, seeded, cut into ¼ inch cubes

1 small cucumber, peeled, seeded, cut into ¼ inch cubes

150g Kalamata olives, pitted and coarsely chopped

½ red pepper, cut into ¼ inch cubes

½ yellow pepper, cut into ¼ inch cubes

1 large red onion, finely chopped

3 tbsp fresh Italian parsley, chopped

POTATO FONDANT

150g butter

5 potatoes, peeled, cut into barrel shapes

75ml chicken or vegetable stock

2 garlic cloves, peeled and crushed

2-3 sprigs fresh thyme

Sea salt flakes and freshly ground black pepper

COD

5 x 180-200g cod loins

50g butter

½ lemon

Salt and pepper

Steps:

GAZPACHO SALSA

Whisk oil, vinegar, garlic, paprika, and salt and pepper together

Add remaining ingredients and toss to coat (can be made one day in advance)

Cover and chill. Toss to blend before serving

POTATO FONDANT

Heat butter and when foaming add potatoes and fry until deep golden brown on one side, about 5-6 minutes. Turn over, cook for a further 5-6 minutes or until golden brown

Carefully pour the stock over and add garlic cloves and thyme sprigs. Season to taste with salt

and pepper

Cover and reduce heat to a simmer. Leave until potatoes are tender, then remove and keep warm

COD

Preheat a medium-sized pan and season cod loins

Place skin-side down and cook 75% through on a medium heat, about 6-8 minutes

Turn the cod on the flesh side and add butter and a squeeze of lemon juice into the pan. Cook for a further 2 minutes so that the cod slightly poaches in the butter and lemon. Leave to rest for 2 minutes

TO SERVE

Make a ring in the middle of the plate with the salsa, then place the potato fondant in the centre

Place the cod loin on top of the fondant and garnish with a few pea shoots