

Cod breaded with hazelnut, raisin and leek fondue, crispy fingerlings potatoes and fish stock au beurre blanc

Recette pour 4 personnes

Description

Cod filet breaded in a Hazelnut crust, white grape leek Fondue, crispy Ratte potatoes and white fish butter sauce.

L'idée déco

You can replace the raisins for any type of dried fruit. Make sure not to over cook the leeks as the texture will make a big difference in the final dish. You can also swap out the potatoes for another starch, but I recommend veering away from mashed potatoes or a purée, as the dish will be missing textural qualities.

Ingrédients

Hazelnut crusted cod

- 4 Piece(s) Cod filet (150g)
- 80 Gr Hazelnuts
- 65 Gr Japanese breadcrumbs (panko)
- 4 Pinch(es) Salt
- 4 Turn(s) White pepper
- 35 Ml Olive oil
- 4 Nut(s) Butter
- 1 Clove(s) Chopped garlic

Oven roasted potatoes, leek fondue with raisins

- 1 Unit(s) Leek
- 25 Ml Butter
- 30 Sprig(s) Thyme
- 125 Ml White wine
- 75 Gr Raisins blonds
- 6 Unit(s) Fingerling potatoes
- 50 Gr Butter
- 35 Ml Canola oil
- 1 Clove(s) Chopped garlic
- 3 Sprig(s) Thyme
- 4 Pinch(es) Fleur de sel
- 6 Turn(s) White pepper

Beurre Blanc

- 75 Ml Fish fumet stock base
- 75 Ml White wine
- 30 Ml White balsamic vinegar
- 1 Unit(s) French shallot
- 2.50 Gr Fresh ground black pepper
- 375 Ml Salted butter

Préparations

Temps de préparation **30 mins**

Préchauffez votre four à 425 F°

Preparation

Roast the hazelnuts in the oven for 5 minutes until they are nice and golden. When they have cooled down, add the nuts, bread crumbs, garlic and a knob of butter to your mixer. Blend on pulse until they are well incorporated. Cut the leeks down the center and wash under the tap to remove all the dirt. Soak the raisins in water for 1 hour. Clean the potatoes and slice them in half. Finely chop the garlic and the French shallots. Cut the butter into small cubes (and keep them in the fridge).

Hazelnut crusted cod

In an oven safe dish, drizzle the bottom with a bit of olive oil, place the cod filets so they are well spaced and do not touch each other (to ensure even browning). Season with salt and Pepper. Delicately add a nice, thick layer of the bread crumb mixture on top of the fish. Bake in your pre heated oven for 9-10 minutes (until the crust is nice and golden and the fish pulls apart easily when you try to delicately insert a fork in it). Before serving, let the fish rest for 2 minutes so the juices can redistribute.

Leak fondue and oven roasted potatoes

In a casserole set on medium heat, cook the leek in a mixture of half butter and half olive oil until they become soft and translucent. Add the raisins and the white wine. Let the mixture cook down until there is no more liquid. Season with salt and pepper.

Mix your potatoes with olive oil, salt and Pepper. Spread them on a baking sheet and roast in the oven for 20-22 minutes until they are nice and crunchy. Add the garlic and thyme and cook for 5 more minutes.

Beurre blanc

In a pot, add the shallots and the wine and boil until it reduces by half. Add the fish stock and the vinegar and cook until all the liquids are almost completely evaporated. Season with salt and Pepper (at this point, if you want to have a smooth sauce, you can put the sauce through a fine mesh strainer and continue to the next steps). When the liquid is almost completely evaporated, lower the heat to minimum and start adding a few cubes of butter while whisking constantly. When the butter is melted, start adding more until all the butter is absorbed and the liquid in the pan has a sauce like consistency. Taste and adjust the seasoning with salt and Pepper. It's very important to never let this sauce boil or the butter will separate and the sauce will have to be re-emulsified.

Dressing the plate

Place the leek fondue at the bottom of the plate. Place the cod filet on top and ladle a bit of the sauce around the dish. Add a few cilantro leaves around for decoration.

Bon appétit!