

Cod, arugula parmesan coulis, cauliflower head and almond gratin, wilted spinach |

Recipe for 4 portions

Description

A great fish with a beautiful mouth feel and fantastic taste, made even better with the addition of a parmesan and arugula coulis.

Accompanied by simple wilted spinach and a cauliflower and béchamel gratin.

Note

It's important to check the cod's doneness: if it's cooked, it will flake off.

Ingredients

Cod

- 600 Gr Fresh cod fish
- 2 Clove(s) Crushed garlic
- 3 Tbsp Butter
- 1 Sprig(s) Thyme flower

Arugula coulis

- 25 Gr Arugula salad
- 25 Gr Grated parmesan
- 50 Gr Shallot
- 25 Ml 35% cooking cream
- 50 Ml Vegetable stock
- 1 Tbsp Olive oil
- 1 Pinch(es) Sugar

Cauliflower coulis

- 400 Gr Cauliflower
- 0.50 Tsp Nutmeg
- 200 Ml Milk
- 30 Gr Butter
- 30 Gr Flour
- 1 Pinch(es) Espelette pepper
- 8 Sprig(s) Chives
- 4 Tbsp Sliced almonds

Topping

- 4 Handful(s) Spinaches

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Preparation

Peel and mince the French shallots.

Prepare the vegetable broth by adding the sugar.

Prepare the cauliflower by removing the heads from the stalks. Bring a pot of salted water to a boil and cook the cauliflower for roughly 3 minutes. Make sure they still have a little crunch. Strain and set aside.

Toast the almonds in a skillet or in the oven, making sure they don't get too dark.

Finely slice the chives.

Cod

Season cod pieces with salt and pepper.

In a hot frying pan with oil. Leave the pan untouched and add the butter, crushed garlic and thyme, lower the heat, then generously baste the fish flesh with the butter.

This whole operation should take about 5 minutes, then remove the fat from the pan.

When you're ready to serve, you'll have about 4 to 6 minutes of baking time left.

Arugula coulis

In a sauce pot, sweat the shallots with oil and a knob of butter making sure not to caramelize the shallots. Add the arugula as well as the vegetable broth and cream. Bring to a boil and then remove from the heat. Season to taste with salt and pepper. Blend with a hand mixer or in your blender until smooth.

Keep warm.

Cauliflower gratin and béchamel

In a sauce pot, heat the milk gently.

In another sauce pot, melt the butter and then add the flour. Cook for 2 minutes making sure not to color the flour. (white roux)

Add the milk while continuing to whisk in order to make sure there aren't any clumps. Add the seasoning. (salt, Espelette, pepper and nutmeg)

In a mixing bowl, combine the cauliflower with the béchamel as well as the toasted almonds. Combine thoroughly and transfer to your baking dish.

Place in the oven until you get a nice caramelization and then top with some grated parmesan.

Spinach

In a sauce pot with oil and a knob of butter, wilt the spinach. This process should take about a minute. Season to taste with salt and pepper. Finish with the chives.

Plating

On a flat plate, place a nice portion of wilted spinach in the center. Top it with the cod and a small pinch of fleur de sel.

Drizzle the arugula and parmesan coulis on and around and serve the cauliflower gratin on the side.

Bon appétit!