

Oven baked cod fillets, stir fried garlic tomatoes, beurre blanc sauce |

Recipe for 12 Tapas

Description

Oven baked cod fillets covered with a nice layer of stir fried garlic tomatoes, topped with a beurre blanc.

Note

In this recipe you can replace the cod by any kind of white fish. The beurre blanc sauce goes perfectly with poached fish as well.

Ingredients

Cod fillets

- 800 Gr Cod fillet
- 2 Pinch(es) Sea salt flakes
- 4 Turn(s) Fresh ground black pepper
- 35 Ml Olive oil
- 45 Gr Butter
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- Salt and pepper
- Vegetable oil
- Olive oil

Stir fry garlic tomatoes

- 8 Unit(s) Italian tomatoes
- 4 Unit(s) Chopped garlic
- 2 Pinch(es) Sea salt flakes
- 4 Turn(s) Fresh ground black pepper
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Beurre blanc

- 100 Gr French shallot
- 150 Ml White wine
- 150 Ml White vinegar
- 250 Gr Slightly salted butter
- 5 Turn(s) White pepper
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **425 F°**

Preparation

Cut the cod fillets into 6 or 8 pieces. Finely chop the French shallots. Peel and mince the garlic. Cut the butter in small cubes. Quarter the tomatoes, then empty the seeds, keep the flesh in a bowl.

Stir-fried garlic tomatoes

Dice the tomatoes, then stir-fry them in a hot skillet with knob of butter and a drizzle of olive oil, make sure you don't over cook them, add the chopped garlic, salt and pepper. Set aside.

Cod fillets

Season the cod then sear them in a hot pan with oil and butter. Place them on a baking sheet, then bake them in the oven for about 4 minutes.

White butter sauce

In a saucepan, combine the shallots, the white wine and the vinegar and bring to a boil. When the reduction reaches the consistency of a wet mash, remove from the heat. Let it cool down then start incorporating your cubes of butter while whisking. Put it back on the heat from time to time to make sure the heat is high enough to melt the butter. Once you have obtained a creamy texture, adjust seasoning. You can pass the sauce through a sieve if you do not wish to keep the shallots.

Bon appétit!