

Oven-roasted cod fillet with olive oil, crisp fennel salad, chopped tomatoes, and beurre blanc sauce |

Recipe for 4 servings

Description

Oven baked cod fillets covered with nice layer of stir fry garlic tomatoes, topped with a white butter sauce.

Note

In this recipe you can replace the cod by any kind of white fish. The white butter sauce goes perfectly the poached fish too.

Ingredients

Cod fillets

- 500 Gr Cod fillet
- 2 Pinch(es) Sea salt flakes
- 4 Turn(s) Fresh ground black pepper
- 30 Ml Olive oil

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

White butter sauce

- 100 Gr French shallot
- 75 Ml White wine
- 75 Ml White vinegar
- 125 Gr Slightly salted butter
- 5 Turn(s) White pepper

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **425 F°**

Set up

Cut the cod fillet into 4 pieces, depending on their size. Finely chop the shallots. Peel and finely

Stir fry garlic tomatoes

- 4 Unit(s) Tomato
- 1 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

Fennel Salad

- 1 Unit(s) Fennel
- 1 Unit(s) Lime
- 1 Tsp Curry powder
- 30 Ml Olive oil
- 1 Unit(s) Green onion

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

mince the garlic. Cut the butter into small cubes for the beurre blanc sauce. Cut the tomatoes into quarters, then scoop out the seeds and set the flesh aside in a bowl.

Slice the green onions on the diagonal; zest and juice the lime.

Using a mandoline, slice the fennel into thin slices, then place them directly into ice water to preserve their transparency and crunch.

Stir-fry garlic tomatoes

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

Cod fillets

Season the cod cubes and drizzle with olive oil. Place them on a baking sheet and bake for about 10-12 minutes.

White butter sauce

In a saucepan combine, the shallots, the white wine and the vinegar than bring to boil. When the reduction reaches the consistency of a wet mash, remove from heat. Let it cool down then start incorporating your cubes of butter while whisking. put it back on the fire or on double boiler Back regularly to keep the temperature hi enough to melt the butter slowly. 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

Fennel Salad

Drain the fennel and season it with the curry powder, lime juice and zest, olive oil, and salt.

On the plate

Place the cod fillets on your plates with the crushed tomatoes underneath and top with the beurre blanc.

Arrange the fennel salad on your plates and finish with the green onions.

Bon appétit!