

# Antillaise curry cod, basmati rice flavoured with star anise

Recipe for 4 persons



## Description

Poached cod accompanied by a perfumed basmati rice and a beautiful spiced sauce.

## Note

The choice of fish can vary, but I suggest you stick with a meaty white fleshed fish.

For the rice, feel free to perfume with other spices or not perfume at all.

## Ingredients

### Cod

- 4 Unit(s) Cod filet (150g)
- Salt and pepper

### Spice Sauce

- 2 Gr Curcuma
- 2 Gr Mustard seeds
- 4 Clove(s) Garlic
- 15 Gr Cumin seeds
- 4 Gr Ground ginger
- 2 Unit(s) Red hot chili
- 40 Ml Lemon juice
- 80 Ml Olive oil
- 1 Unit(s) Onion
- 25 Gr Tomato paste
- 3 Unit(s) Tomato
  
- Salt and pepper

### Rice

- 250 Gr Basmati rice
- 400 Ml Warm water
- 1 Unit(s) Star anise
- 3 Grape(s) Cardamom
  
- Salt and pepper

## **Preparation**

- Preparation time **45 mins**

### Preparation

Boil the tomatoes for 2 minutes then transfer to an ice bath, this makes it easier to peel them.

Peel and degerm the garlic.

Peel and dice the onion.

### Garnishes

Cut the tomatoes into quarters, remove the seeds and cut the flesh into cubes. With a mortar and pestle, purée the mustard seeds, garlic, ginger powder, red peppers and add lemon juice to moisten the paste.

### Cod

In a wok, on medium heat with a thread of olive oil, add and sweat the onions for 3 minutes, without giving them color. Next, add the spice blend and tomato paste and cook for 5 minutes. Finally add the cubed tomatoes and cook until you reach a chunky purée. Place the cod in the sauce, and then flip so as to have sauce on all sides then add water and bring to a boil. Reduce heat, cover and cook for approximately 8 minutes. Make sure to check for seasoning after cooking.

### Badiane rice

Rinse the rice. Cook the rice with 3 star anise, cardamon seeds and a bit of salt. Cover and let boil for 6 minutes, then let it infuse off the heat for another 10 minutes without removing the cover. Check the seasoning and adjust if necessary.

### Plating

With a ring mold, make nice circles of rice in the center of each plate. Place the cod on top of the rice and add a generous helping of the cooking sauce on top. Finalize the plating with some micro greens placed here and there.

**Bon appétit!**