

Cod brandade with sweet potato, cherry tomato confit and onion chips

Recipe for 4 servings

Description

Classic French cuisine with a modern twist.

Note

If you're using salted cod for this recipe, it's important to remember to desalinate it the day before.

Ingredients

Brandade

- 400 Gr Sweet potatoes
- 1 Sprig(s) Rosemary
- 400 Gr Cod fillet
- 1 Leaf(ves) Bay leaf
- 1 Sprig(s) Thyme
- 1 Clove(s) Crushed garlic
- 500 Ml Milk
- 75 Gr Butter
- 1 Tsp Paprika
- 4 Tbsp Japanese breadcrumbs (panko)

Tomato

- 20 Unit(s) Cherry tomatoes
- 1 Clove(s) Garlic
- 1 Sprig(s) Thyme

Onion

- 1 Unit(s) Onion
- 2 Tbsp Flour
- 2 Unit(s) Egg
- 1 Cup(s) Breadcrumbs

Preparation

- Preparation time **30 mins**
- Preheat your **oven** at **400 F°**

Set up

Cut cherry tomatoes in 2.

Peel and dice the sweet potatoes.

Mix the breadcrumbs with a drizzle of olive oil, a pinch of salt and the paprika.

Cut the onion into strips.

Tomato

Place the cherry tomatoes in a sauté pan, drizzle with olive oil and season with salt and pepper. Add the crushed garlic and thyme sprigs.

Place the sauté pan in the oven and let the tomatoes roast, keeping an eye on them so they don't turn to mush.

Cod

Heat the milk with the thyme, garlic, bay leaf and a pinch of salt. Add the fish once the milk has reached boiling point.

Simmer over a low heat for 15 minutes, then drain and coarsely flake the cod.

Sweet potato

Place the sweet potatoes in a large saucepan, add the rosemary sprig, cover with cold water and bring to the boil. Cook for 20 minutes, or until the potatoes are tender.

Drain the sweet potatoes, reserving a little of the cooking broth.

Puree with a blender or food processor. Adjust the texture of your purée with a little cooking stock and a knob of butter, taking care to keep it fairly firm.

Brandade

Mix the sweet potato purée with the flaked fish and butter and check the seasoning. Place in your ramekins and cover with the breadcrumbs and paprika mixture.

Place in the oven for 20 minutes and finish cooking on the grill.

Onion

Whisk the egg with a pinch of salt in a small bowl.

Dip the onion strips in the flour, removing any excess before dipping them in the beaten egg.

Finish coating the onion strips with the breadcrumbs. At the last minute, fry for about 2 minutes and pat dry before serving.

Bon appétit!