

Cod cooked in a thyme butter, basil pesto, edamame lemon zest, mashed artichoke hearts |

Recipe for 4 servings

Description

A white flesh of fish confit in its cooking butter, basted generously throughout.

Accompanied by pesto and artichoke purée

Ingredients

Cod

- 600 Gr Fresh cod fish
- 2 Sprig(s) Thyme
- 65 Gr Butter
- 1 Dash Vegetable oil

- Butter
- Salt and pepper

Pesto

- 0.50 Bunch(es) Basil
- 25 Gr Grated parmesan
- 1 Clove(s) Garlic
- 100 Ml Olive oil
- 25 Gr Pine nuts
- 1 Unit(s) Lemon

- Butter
- Salt and pepper

Garnishes

- 300 Gr Artichoke heart
- 300 Ml Water
- 300 Ml Milk
- 0.50 Unit(s) Lemon
- 200 Gr Edamame (soybeans)
- 1 Tsp Lemon zests

- Butter
- Salt and pepper

Preparation

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

Prep

Put the cod on paper towel.

Remove the leaves of the basil. peel the garlic, peel some lemon zests and squeeze the juice.

Roast the pine nuts in a hot skillet with no butter nor oil.

Cod

Season the fish on each side.

In a skillet with a dash of oil, put the fish and add the butter and the thyme.

Slowly move the skillet back and forth, and using a spoon baste the fish regularly. Turn the fish after 2 min. Keep basting the fish with the butter.

Before serving cook for 5 min in the oven.

Basil pesto

In a blender, mix all the ingredients, slowly add some olive oil. Season to taste and keep aside in the fridge.

Sides

Edamame

Put in salted boiling water for 5 to 10 minutes. Drain and put aside.

Right before serving cook and in a pan with butter.

Season with salt, pepper and lemon zests.

Artichokes

Put the artichokes hearts in salted boiling water and milk. Using a slotted spoon remove them when cooked (you can use the tip of a knife, you're suppose to go easily threw them when cooked).

In a blender, mix with butter, olive oil, lemon zest, salt and pepper.

Dressing your plates

On your plate, pour some artichoke puree in the middle and add the fish.

Drop some edamame around and baste with pesto.

Garnish with some basil leaves.

Bon appétit!