

Cod fillet, yellow carrot mousseline, thyme-smoked bell pepper coulis

Recipe for 4 pers

Description

A dish that's a pleasure to make and a pleasure to eat.

Note

Cooking Cod

When you apply pressure to the piece of cod, and the strips of flesh that make it up break away easily, consider it cooked.

The choice of fish can vary according to your taste, but please note that cooking times may vary.

Ingredients

Cod

- 4 Unit(s) Cod fillet (150g)
- Butter
- Salt and pepper
- Olive oil

Carrot mousseline

- 1 Kg Carrot
- 10 Ml Olive oil
- 60 Gr Butter
- 4 Clove(s) Garlic
- 4 Sprig(s) Thyme
- 200 Ml Cream 35%

- Butter
- Salt and pepper
- Olive oil

Bell pepper coulis

- 3 Unit(s) Red pepper
- 4 Sprig(s) Thyme
- 150 Ml Olive oil
- 2 Pinch(es) Espelette pepper
- 0.50 Advanced knife Liquid smoke

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **420 F°**

Mousseline

Peel the carrots and slice into rounds (5 mm thick).

Remove the head of garlic, cut off only the head of the clove, keep the skin (in a shirt).

Cut the butter into small cubes and refrigerate.

Heat a non-stick frying pan, add olive oil and butter. Place the cod backs, make sure they are browned, turn the pieces over and drizzle with the cooking butter.

Keep the pieces aside, flash in the oven for 4 to 5 minutes before serving.

Mousseline

Place the carrot slices in an ovenproof dish lined with baking paper, drizzle with olive oil and add the thyme sprigs and garlic cloves.

Sprinkle with butter cubes and cover the dish with aluminum foil (like a papillote).

Place the dish in the oven at 350°F for 30 minutes, then remove the foil and return to the oven at 400°F for 10 minutes (lightly colored).

Remove the thyme sprigs and the skin from the garlic cloves.

Blend in a blender with the cream, adjusting the seasoning if necessary.

It's easy to reheat the mousseline in the microwave.

Place the peppers on a baking sheet and drizzle with olive oil. Bake in a hot oven at 400°F for 30 minutes (they should blacken), to make peeling easier.

When hot, remove the skin and remove the flesh.

Place the flesh in a food processor, with the thyme (leaves removed) and a small drop of liquid smoke, season with Espelette pepper and salt.

Blend to desired texture, adding a drizzle of olive oil if required.

Bon appétit!