

Cod parmentier, sautéed leeks, Nantais butter sauce, Ratte potato purée

Recipe for 4 persons

Description

A piece of cod, poached in a creamy fish stock with white balsamic vinegar. Presented like a parmentier with sautéed leeks and a rich Ratte potato purée.

Ingredients

Cod

- 4 Piece(s) Cod filet (150g)
- 0.50 Unit(s) Leek
- 50 Ml White wine
- Salt and pepper
- Butter

Nantais butter sauce

- 75 Gr French shallot
- 1 Tbsp Fish stock
- 100 Ml White balsamic vinegar
- 150 Ml White wine
- 250 Ml 35% cooking cream
- Salt and pepper
- Butter

Ratte purée

- 175 Gr Fingerling potatoes
- 250 Ml Milk
- 75 Gr Butter
- Salt and pepper
- Butter

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

Cod

Place the cod in an oven proof dish. Season lightly with salt and pepper.

Finely chop the leeks. In a sauce pot on medium heat with a little butter, sweat the leeks for 3-4 minutes. Deglaze with white wine and continue to cook until all of the liquid has evaporated.

Pour the cooked leeks on top of the cod.

Nantais butter sauce

In a sauce pot, sweat the shallots with a little bit of butter. Deglaze with white wine and then add the white balsamic vinegar. Continue to cook until the shallots are cooked through. It should resemble a shallot purée of sorts. Add the cream and bring to a boil, then add the fish stock powder. Season to taste.

Ratte purée

Rinse the potatoes in cold water. Place them in a big sauce pot and cover with cold water.

Cook on medium high until the potatoes are cooked through, a knife should easily pass through them.

Strain, peel and then mash them.

Put the potatoes back in the sauce pot, on low heat, and add the milk. Continue to stir with a wooden spoon. Once the milk is incorporated, remove from the heat and add the butter, combine and season to taste.

Plating

Take the oven proof dish with the cod and leeks. Pour the sauce on top and then evenly spread the potato purée on top.

Sporadically place small knobs of butter over the top of the purée, then place the dish in the oven for approximately 15 minutes or until you reach a nice golden color.

Bon appétit!