

Oven roasted cod, maple strawberry and watermelon salsa, and green summer vegetables

Recipe for 2

Description

A colorful and light dish to enjoy on a terrace in the summer season.

Note

Here we use a fish with white flesh, ideally we recommend Halibut, Lotte or Cod.

Avoid fruit that is too acidic, it would destabilize the recipe.

Ingredients

Cod

- 3 Unit(s) Anchovy fillet
- 0.50 Unit(s) Lemon juice
- 1 Tsp White balsamic vinegar
- 2 Tbsp Maple syrup
- 2 Tbsp Olive oil
- 2 Piece(s) Fresh cod fish

- Salt and pepper
- Vegetable oil

Vinaigrette

- 1 Tbsp Rice vinegar
- 1 Tsp Olive oil
- 2 Turn(s) Black peppercorns

- Salt and pepper
- Vegetable oil

Salsa

- 100 Gr Seedless watermelon
- 50 Gr English cucumber
- 4 Unit(s) Strawberry
- 0.50 Unit(s) French shallot

- Salt and pepper
- Vegetable oil

Green vegetables

- 0.50 Lb Green beans
- 0.50 Lb Peas
- 0.50 Bunch(es) Green asparagus

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45.00 mins**
- Preheat your **Oven** at **400.00 F°**

To prepare before class

Make sure all of your ingredients are out of the fridge and weighed if needed.

You will need :

1 cutting board, 1 chef knife, 1 oven, 1 baking sheet, 1 pan, 1 cooking pot, 1 strainer, 2 mixing bowls and a pair of tongs.

Preparation

Cut the watermelon, the strawberries and the cucumber in small cubes, put in strainer to drain the natural water.

Chisel the shallot.

Cut the anchovies in small pieces.

Cod

In a small bowl, mix the anchovies, lemon juice, maple syrup, oil and some cracked pepper, reserve in a cool place.

On a baking sheet, place a sheet of parchment paper, place the pieces of fish on it.

Cover the fish with the previous mixture, bake for a good 10 minutes, the flesh should easily flake under the pressure of a fork.

Sides

SALSA

Gently mix all the ingredients in the salsa.

VINAIGRETTE

Whisk all the ingredients together in a bowl, reserve in the fridge.

Green vegetables

In a boiling salted water, individually cook the peas, green beans and asparagus.

Make sure you keep the vegetables lightly crunchy. Once they are cooked to the desired consistency, remove them from the boiling water and drop them in ice water to stop cooking.

Once well drained, just before serving, toss them in a hot pan with butter and a drizzle of olive oil. Season with salt and pepper as needed.

Plating

Place the cod in the center of each plate, place each vegetable on the sides of the fish.

Delicately mix the salsa with the vinaigrette, then cover your fish.

Bon appétit!