

Pavé of cod crusted with fresh herbs, Sicilian Caponata |

Recipe for 4 portions

Description

Nice piece of cod served with its fresh herb crust, accompanied by a Caponata with Sicilian flavors.

Note

The temperature of your butter in the herb crust, will play an important role on the consistency when it comes out of the robo coupe. The colder it is, the harder the dough will be.

Ingredients

Caponata

- 300 Gr Eggplant
- 100 Gr Cherry tomatoes
- 150 Gr Onion
- 50 Gr Large green pitted olives
- 2 Clove(s) Chopped garlic
- 20 Gr Pine nuts
- 1 Tbsp Lemon juice
- 15 Gr Capers
- 1 Tbsp Tomato paste
- 1 Tbsp Balsamic vinegar
- 30 Gr Raisins
- 10 Gr Brown sugar
- 5 Leaf(ves) Mint

- Butter
- Salt and pepper
- Olive oil

Cod fillet in a herb crust

- 1 Sprig(s) Thyme
- 2 Sprig(s) Parsley
- 10 Sprig(s) Chives
- 1 Clove(s) Crushed garlic
- 3 Tbsp Japanese breadcrumbs (panko)
- 25 Gr Butter
- 4 Piece(s) Cod fillet (150g)

- Butter
- Salt and pepper
- Olive oil

Preparation

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

Preparation

Wash and cube the eggplant.

Peel and chop the garlic cloves.

Peel and chop your onion.

Chop the green olives.

Brown the pine nuts in a frying pan and set aside.

Remove the leaves from the mint.

Pick the parsley and thyme, chop the chives.

Make sure the butter is at room temperature.

Caponata

In a hot casserole with oil, fry the onions with the pine nuts, raisins and red pepper flakes for 4/5 minutes over medium heat.

Then add the eggplant, brown sugar and olives and continue cooking for 5 minutes. Add the thyme, the diced Italian tomatoes, the tomato paste and the balsamic vinegar. Bring to a boil.

Reduce heat and simmer for 5 minutes. Keep warm before serving.

Fresh herb crust

In a food processor, put all the ingredients of the recipe, make turn to bind the whole. Depending on the texture, roll out the dough thinly on a sheet of baking paper. Place in the refrigerator. Once cold, cut into pieces and place on top of the cod.

Herb crusted cod

Season your cod steaks on both sides.

In a hot frying pan with oil and a little butter, brown the cod pieces, about 2 minutes on each side.

Then, place your cod pieces on a baking sheet and put a thin slice of fresh herb crust on top.

Place in the oven for about 8/10 minutes before serving.

Herb crust

In a food processor, place all ingredients in the recipe, process to combine, and depending on the texture, roll out the dough thinly on a sheet of baking paper. Place in the fridge, cut into pieces and place on top of the cod, finishing with a drizzle of olive oil.

Bon appétit!