

Roasted cod, crunchy fennel, small pink peppercorn fingerling potatoes and a creamy dill sauce

Recipe for 4

Description

Oven baked cod fillets covered with nice layer of garlic tomatoes, topped with a white butter-dill sauce. Classic, comfort and delicious!

Note

In this recipe you can replace the cod by any kind of white fish. The white butter sauce goes perfectly with any poached fish.

Ingredients

Cod fillets

- 2 Unit(s) Cod filet
- 2 Pinch(es) Sea salt flakes
- 4 Turn(s) Fresh ground black pepper
- 35 Ml Olive oil
- 45 Gr Butter

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Garlic tomatoes

- 1 Unit(s) Fennel
- 8 Sprig(s) Chives
- 2 Unit(s) Chopped garlic
- 2 Pinch(es) Sea salt flakes
- 2 Tsp Pink peppercorns
- 8 Sprig(s) Chives
- 15 Unit(s) Fingerling potatoes

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

White butter sauce/beurre blanc

- 100 Gr French shallot
- 150 Ml White wine
- 150 Ml White vinegar
- 250 Gr Slightly salted butter
- 2 Sprig(s) Dill

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **20 mins**
- Preheat your **Oven** at **425 F°**

Set up

Cut the cod fillets into 6 or 8 pieces. Chop the French shallots. Peel and chop the garlic. Cut the butter in small cubes. Quarters the tomatoes, then empty them, keep the flesh in a bowl.

Garlic tomatoes

Dice the tomatoes, then cook them in a hot pan with knob of butter and olive oil, make sure you don't over cook them, add the chopped garlic, salt and pepper to taste.

Cod fillets

Season the cod then sear them in a hot pan with oil and butter. Place them on a baking sheet, then bake them in the oven for about 4 minutes.

White butter sauce

In a saucepan combine, the shallots, the white wine and the vinegar then bring to a boil. When the reduction reaches the consistency of a wet mash, remove from the heat. Let it cool down then start incorporating the cubes of butter, one by one, while whisking. Put it back on the heat to keep the temperature high enough to be melting the butter very slowly. Once you have obtained a creamy texture, adjust the seasoning. You can pass the sauce through a sieve if you do not wish to keep the garnishes.

Bon appétit!