

Roasted piece of cod, fennel salad , crushed tomatoes, white butter sauce

Recipe for Tapas

Description

Oven baked cod fillets covered with nice layer of stir fry garlic tomatoes, topped with a white butter sauce.

Note

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

Ingredients

Cod fillets

- 2 Unit(s) Cod fillet
- 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

Stir fry garlic tomatoes

- 4 Unit(s) Tomato
- 1 Unit(s) Chopped garlic
- 2 Pinch(es) Sea salt flakes
- 4 Turn(s) Fresh ground black pepper

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

White butter sauce

- 100 Gr French shallot
- 150 Ml White wine
- 150 Ml White vinegar
- 250 Gr Slightly salted butter
- 5 Turn(s) White pepper

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

Preparation

- Preparation time **20 mins**
- Preheat your **four** 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.

Stir-fry garlic tomatoes

Dice the tomatoes, then stir-fry 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.

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 than bring to boil. When the reduction reaches the consistency of a wet mash, remove from heat. Let it cool down then start incorporating your cubes of butter while whisking. put it back on the fire or on double boiler Back regularly to keep the temperature hi enough to melt the butter slowly. Once you have obtained a creamy texture, adjust seasoning. You can pass the sauce through a sieve if you do not wish to keep the shallots

Bon appétit!