

Seared black cod, arugula parmesan coulis, cauliflower head and almond gratin, wilted spinach |

Recipe for 4 portions

Description

A great fish with a beautiful mouth feel and fantastic taste, made even better with the addition of a parmesan and arugula coulis.

Accompanied by simple wilted spinach and a cauliflower and béchamel gratin.

Note

In Quebec, we also call black cod: Morue Charbonnière.

Ingredients

Cod

- 4 Piece(s) Black cod
- 2 Clove(s) Crushed garlic
- 3 Tbsp Butter
- 1 Sprig(s) Thyme flower

- Salt and pepper
- Vegetable oil

Arugula coulis

- 25 Gr Arugula salad
- 25 Gr Grated parmesan
- 50 Gr Shallot
- 25 Ml 35% cooking cream
- 50 Ml Vegetable stock
- 1 Tbsp Olive oil
- 1 Pinch(es) Sugar

- Salt and pepper
- Vegetable oil

Cauliflower coulis

- 400 Gr Cauliflower
- 0.50 Tsp Nutmeg
- 200 Ml Milk
- 30 Gr Butter
- 30 Gr Flour
- 1 Pinch(es) Espelette pepper
- 8 Sprig(s) Chives
- 4 Tbsp Sliced almonds

- Salt and pepper
- Vegetable oil

Topping

- 4 Handful(s) Spinaches

- Salt and pepper
- Vegetable oil

Preparation

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

Preparation

Peel and mince the French shallots.

Prepare the vegetable broth by adding the sugar.

Prepare the cauliflower by removing the heads from the stalks. Bring a pot of salted water to a boil and cook the cauliflower for roughly 3 minutes. Make sure they still have a little crunch. Strain and set aside.

Toast the almonds in a skillet or in the oven, making sure they don't get too dark.

Finely slice the chives.

Cod

Season the fish with salt and pepper.

In a hot skillet with oil, sear the cod skin side down. Try to avoid touching it or moving it around as the skin will detach very easily.

Add the butter, crushed garlic and thyme, lower the heat and spoon the melted butter on top of the fish.

The whole process should take about 5 minutes. Remove the excess fat from the pan and set aside.

When ready to serve, transfer the fish to the oven for 4-6 minutes depending on the size and thickness of the fish portions.

Arugula coulis

In a sauce pot, sweat the shallots with oil and a knob of butter making sure not to caramelize the shallots. Add the arugula as well as the vegetable broth and cream. Bring to a boil and then remove from the heat. Season to taste with salt and pepper. Blend with a hand mixer or in your blender until smooth.

Keep warm.

Cauliflower gratin and béchamel

In a sauce pot, heat the milk gently.

In another sauce pot, melt the butter and then add the flour. Cook for 2 minutes making sure not to color the flour. (white roux)

Add the milk while continuing to whisk in order to make sure there aren't any clumps. Add the seasoning. (salt, Espelette, pepper and nutmeg)

In a mixing bowl, combine the cauliflower with the béchamel as well as the toasted almonds.

Combine thoroughly and transfer to your baking dish.

Place in the oven until you get a nice caramelization and then top with some grated parmesan.

Spinach

In a sauce pot with oil and a knob of butter, wilt the spinach. This process should take about a minute. Season to taste with salt and pepper. Finish with the chives.

Plating

On a flat plate, place a nice portion of wilted spinach in the center. Top it with the cod and a small pinch of fleur de sel.

Drizzle the arugula and parmesan coulis on and around and serve the cauliflower gratin on the side.

Bon appétit!