



SAUTÉED CODFISH



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SERVES: 4

INGREDIENTS

4 fresh codfish filets (approx. 4x180g) from Apolónia's fish counter • 1 lemon (zest and juice) • 100ml extra virgin olive oil • 80g shallots • 600g sweet potato • 20g fennel shoots • 20g chives • 30g rocket leaves • 100g green asparagus • 80g spring onion • 15g Belamandil Flor de Sal • 20g fresh coriander leaves • 80g ripe vine tomatoes • 50g butter • 200ml fish stock • 200ml Monte da Cal Antão Vaz wine • 25g dried tomato • 10g "Peixe Bio JGS" condiment

METHOD

Cut the codfish into filet portions, cleaning the skin of any scales • Place the sweet potatoes in the oven and bake at 140°C for 40-50 minutes, according to size • Any higher temperature would remove too much water from the potatoes! • Chop the shallots and sauté in olive oil, adding the dried tomato, the coriander and refresh with a few drops of Monte da Cal white wine • Put to one side • Peel the sweet potatoes and mash with a fork, adding the wine mixture • Season the codfish with the condiment and the lemon zest and brown in hot olive oil skin side down, allowing the fish to slowly confit on the opposite side for 8-10 minutes, depending on the thickness • Place the spring onions, sautéed in olive oil in the centre of a plate, and cover with the filets seasoned with the flor de sal • Place two quenelles of sweet potato on the plate and decorate with fresh skinned, seeded tomato quarters and the grilled asparagus tips • Prepared the rocket and shoot salad, seasoning with olive oil and lemon juice, and placing at the side of the codfish • It will give a refreshing touch and a good counterpoint to the crispy skin of the fish and the sweetness of potato • Refreshing the pan in which the fish was cooked with remainder of the white wine, reduce and add the fish stock and season • Reduce and add the butter, drizzling around the plate

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