

Beckta



Black Cod

INGREDIENTS

Serves 4

Saffron Veloute:

- 250ml of Fish Stock
- 50ml of Butter
- 50g of Ap Flour
- Kosher Salt
- 1 tsp of Saffron
- Lemon Juice to Taste

Braised Fennel:

- 1 fennel head
- 1 cup of vegetable stock
- 25g of butter
- 1/2 tsp of cumin
- 1/8 tbsp of ginger powder
- Salt

Preserved Shishito:

- 100g of shishito peppers
- 1 clove of garlic (whole)
- 1 Fennel top
- 1/2 finger chili
- Neutral oil (to cover ingrediants)
- 100ml white wine vinegar

Fennel "Relish":

- 1/2 cup of fennel top (brunoise)
- 1/2 cup pickled red onion (brunoise)
- 7 sprigs of parsley (chiffonade)
- 1 piece of preserved lemon skin (brunoise)
- 1 tsp of chopped capers
- 1/2 clove of garlic
- 1/2 jalapeno (brunoise)

Confit Fingerling Potatoes:

- 12 Fingerling potatos (mixed colours if possible)
- 6 garlic cloves
- 6 thyme
- Canola Oil

Black Cod or Ling Cod:

- 4 x 6 oz portions (cleaned, skin off)
- Salt and pepper
- 150ml of unsalted butter
- 2 tbsp neutral oil

DIRECTIONS

Saffron Veloute:

1. Melt butter in a pot. Add flour and whisk in on medium heat to create a roux. Add half of the stock right away and whisk in. Bring to a simmer and gradually whisk in the rest of the stock.
2. Cook while whisking until thick consistency is achieved. Whisk in saffron.
3. Adjust seasoning with salt, pepper, and lemon juice

Braised Fennel:

1. Cut the root of the fennel off, split in half
2. Put in covered pan with the rest of the ingredients
3. Cook in oven at 300 degrees F, until tender (25-30 minutes)
4. Cut the fennel in smaller pieces, brown in non-stick pan

Preserved Shishito:

1. Get rid of the peduncle on all the pepper
2. Mix all the ingredients except the vinegar in a deep pot
3. Slowly heat up up to 180 F, take off of the heat source
4. Wait for it to cool down then add the vinegar
5. Warm for final dish in pan

Fennel "Relish":

1. Mix all the ingredients together

Confit Fingerling Potatoes:

1. Put all the ingredients in baking tray, cover with oil
2. Heat up slowly on the stovetop, cover with aluminium foil, transfer in 350°F oven
3. Cook for 1H30/2H until fully cooked

4. Strain potatoes, keep the oil to reuse 2 or 3 times
5. Heat in oven when ready to serve

Black Cod or Ling Cod:

1. Heat oil on medium high heat until hot
2. Season fish with salt and pepper, both sides
3. Sear fish on skin side only 3 minutes
4. Melt butter in pan and lower heat to medium low
5. Baste fish for 30 seconds
6. Pat with paper towel
7. Finish with maldon or crunchy sea salt

Plating:

1. Plate in bowl with rim
2. Start with potatoes and shishiito, then braised fennel, top vegetables with fish, sauce around and relish on top of fish