

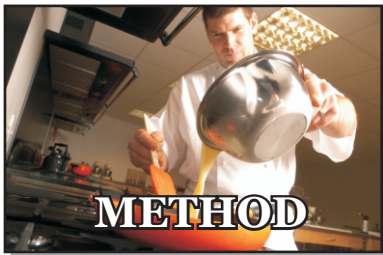
# Fillet of Roasted Cod topped with Lemon & Parsley Crust

serves 6

6 x 150g	Cod fillets (from thick part if possible) skin removed
1 dsstspn	Olive oil
180g	Butter
200g	Brioche crumbs or white breadcrumbs
80g	Parsley sprigs
2	Grated zest of lemon
	Cooked new potatoes, Rocket, Tomato & avocado salsa - for presentation



Fish chopping board	Palette knife
Filleting knife	Weighing scales
Food processor	Rolling pin
Cling film	Dessertspoon
Large baking tray	3-4" round cutter
Saucepan	



1. check the fillets for any pinbones, if using tail part of the fillet fold the end of the tail under to give a better shape and thickness. Set aside in fridge.
2. blend the butter and crumbs in food processor until bound together. Add parsley, zest and seasoning. Turn off when fine crumbs.
3. divide the crumbs into 6 and place each portion onto a piece of cling film. Cover with more cling film and roll out to the same size as the fillet. Place on tray in fridge for 2 hours to firm up.
4. Preheat oven to 200c (GM 6). Grease the baking tray with olive oil, place fish on tray, season with salt and pepper. Carefully unwrap the crusts and place on top of the fish. Bake for 10-12 minutes until crust is light and crisp and the fish feels firm when lightly pressed. Remove from oven.

## Presentation:

1. cut some cooked new potatoes into quarters and warm gently in a dessertspoon of olive oil in a saucepan. When hot add some rocket and remove from heat to allow the pan heat to wilt the rocket.
2. take round cutter, place in middle of hot plates and spoon some of the mixture into the cutter and press down slightly. Place cod on top and spoon salsa round.