

BAKED COD WITH A HERB CRUST

SERVES 2

INGREDIENTS

2 250g cod fillets, scaled and pin-boned
Olive oil
3–4 slices white bread
Small handful parsley or basil, chopped
25g butter, melted
1 lemon, juiced and zested
1 shallot, diced
1 bay leaf
6 peppercorns
Glass white wine
½ glass white wine vinegar
100g butter, cubed
2 handfuls salad leaves



- Preheat your oven to 220°C/425°F. Place the cod fillets, skin side down, onto an oiled and seasoned baking tray.
- Put the bread into a food processor and blitz. Add the herbs, melted butter, lemon zest, sea salt and black pepper, and blitz briefly once again.
- Sprinkle the mixture liberally over the cod fillets, then bake for around 10 minutes, until cooked through.
- While the fish is cooking, put the shallot, bay leaf, peppercorns, lemon juice, white wine and white wine vinegar into a saucepan, and reduce until just enough liquid remains to cover the bottom of the pan. Remove from the heat.
- Whisk in the butter, a couple of cubes at a time. When the sauce reaches a thick, glossy consistency, set it aside in a warm (not hot) place.
- Arrange a few salad leaves on 2 plates, pour a small amount of sauce around these and place the cod fillets on top. Serve immediately, garnished with lemon.