

## **ROAST COD FILLET, SAUTE WOODLAND MUSHROOMS AND CELERIAC CREAM**

**ingredients-** SERVES 4

2lb cod fillet (skin on)

Rock salt

Vegetable oil

500g assorted woodland mushrooms –girolles, chanterelle, oyster etc

### **Celeriac cream**

45 g unsalted

50g sliced white onion

3g Salt

1g White pepper

90g sliced potato

110g whipping cream

130g water

102g peeled and sliced celeriac

### **For the garnish**

Washed rocket leaves, sliced blanched green beans, roast celeriac wedges

Tomato oil, sauté mushrooms

### **Method- Celeriac cream,**

Gently pan fry the sliced onions, butter and salt until onions become soft and translucent. Fold in the thinly sliced potato and celeriac. Add water and bring to the boil, reduce the heat and simmer until potato and celeriac become soft. Add the cream and return to the boil. Add white pepper and taste, leave mix to cool before blending. Once cool blend until smooth.

### **Method- Roast cod fillet**

Portion the cod fillets to approx 6-7 Oz chunks. Heat a non stick frying pan (skillet). Lightly sprinkle rock salt into the pan and add a little oil, wait until oil is smoking and gently place your cod pieces skin side down into the pan. Reduce heat and cook until skin becomes crispy. Remove from the pan and place on a roasting tray, cook in the oven (pre-heated to 180°) for 8-10 mins. The rock salt creates a gap between the fish and the bottom of the pan and helps the skin roast without burning .