

Pan Fried Skrei Cod, Red Cabbage, Mussels, Carelian Caviar, Cucumber & Parsley Stalks with Champagne Sauce

Recipe by: Laurence Tottingham



“The Skrei Cod spends most of its time in the Barents Sea, at the age of 5 it swims back to its birthplace of Norway to spawn. This Norwegian Cod is at its best at this time of the year. Skrei comes from the Norse word ‘Skrida’ meaning Wander or to walk. The Carelian Caviar is a sustainable, natural caviar produced in the Nordic waters of Finland. This addition to a champagne sauce, mixed with sweetness from the mussels, the sharpness and earthiness from the dressed red cabbage and freshness from the cucumber makes an indulgent fish or main course.”

Prep: 30 minutes | Cooking Time: 15 minutes | Serves: 2 people

Ingredients

- 2 portions of Skrei
- 100ml champagne
- 300ml mussel stock
- 50ml double cream
- 2tsp Carelian Caviar
- Blanched parsley stalks
- Very finely shaved red cabbage
- Lemon juice
- Extra virgin olive oil
- 1 cucumber
- 1 tsp ascorbic Acid
- 14 or so mussels
- 5-6 flat-leaf parsley leaves for infusing into the sauce



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Method

1

Open the Mussels with a little water in a very hot pan with the lid on, strain the juice and reserve both the stock and cooked Mussels.

2

In the same pan reduce the champagne by $\frac{1}{2}$ then add the stock and the cream and bring to the boil, reduce by a third.

3

Add a few sprigs of fresh parsley for 10 minutes to infuse into the sauce then strain ready for service.

4

Using a parisienne scoop, prep the cucumber balls, place into a vac pac bag with a pinch of ascorbic acid and seal. Freeze for about 20 minutes then allow to de-frost before service.

5

Blanch the parsley stalks for about 30 seconds.

6

Pan fry the Skrei, dress the shaved red cabbage with the lemon juice, salt and olive oil.

7

Gently re-heat the mussels in the sauce and add the cucumber and caviar at the end to take the chill off them.

8

Dress the plate and finish with a little caviar on top of the fish.