



## Skrei cod loin with roasted cumin spiced cauliflower. Served with lemon and parsley olive oil.

Skrei (pronounced 'skray') is a special kind of migratory Norwegian cod. Skrei means 'wanderer' and refers to the 1000km journey these cod make each year to spawn around the islands of Lofoten and Vesteralen. This epic swim through the rough Barents Sea is what gives the Skrei such a unique and delicate taste. Skrei is strictly seasonal and the catch is tightly monitored

01CODS17E14 SKREI COD: LOIN 170-200GM SCALED & BONED (EACH)



**Prep Time & Cooking Time: 20 minutes and 8 minutes**

### Ingredients – Serves 2 People

- 01CODS17E14 - SKREI COD: LOIN 170-200GM: 2
- Cauliflower 1
- Ground cumin: 2gm
- Ground coriander: 2gm
- Garam masala: 2gm
- Lemon: 1
- Olive oil: 35ml
- Parsley: 15gm



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### Method

#### 1

Prepare approximately 80g of cauliflower florets – trimming to the same size. Toss with half the cumin, half the ground coriander and half the garam masala, along with 10ml of olive oil. Place on a parchment paper covered baking sheet and roast the florets (180°C) for 6-10 minutes until just cooked (some charring is good).

#### 2

Cut the remaining cauliflower into quarters. Using a mandolin slicer, carefully thinly slice the quartered cauliflower (use guard). Place on a parchment paper lined baking sheet, drizzle with 5ml olive oil and sprinkle the remaining spices over the cauliflower slices. Roast for 4-7 minutes at 180°C until cauliflower is cooked and has slight charring.

#### 3

To make the lemon and parsley oil emulsion, wash the parsley and blend with 15ml of olive oil, and the zest and juice of one lemon. Blend together with a stick blender until smooth. Pass the mixture through a fine sieve to remove any remaining stalks. Season.

#### 4

Rub the remaining olive oil over the Skrei cod loins and place in a hot oven (180°C) for 7-12 minutes until cooked. Remove from the oven and allow to rest on a cooling rack, whilst arranging the plate with the garnishes.

#### 5

Place the thinly sliced cauliflower on a warm plate and place the Skrei cod on the cauliflower. Drizzle the parsley and lemon emulsion around the cod and garnish with the warmed cauliflower florets.