



Barbequed Cobia



Serves 4

800 g Cobia fillet

Cut the fish into four equally large portions. Brush with oil and barbeque on a medium heat. Cobia has a firm consistency and does not fall apart on the barbeque. When done, leave the fish to rest for one minute before serving.

Barbeque sauce:

6 tbs honey
1 tbs soy sauce
1 tbs coarse mustard
1 tbs Dijon mustard
1 tbs sesame oil

Mix all the ingredients well.

Garnish:

Barbeque some vegetables of your choice. Here we have chosen baby potatoes, sweetcorn, courgette, aubergine and sweet peppers.

To serve:

When the vegetables and fish are done, pour over the barbeque sauce and serve.

Compiled for Marine Farms ASA
by the Norwegian Culinary Institute

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