



Cobia Carpaccio



Serves 4

300 g Cobia fillet
5 tbs high-quality olive oil
Salt flakes and freshly-ground pepper

Slice the fish into as thin strips as possible. Cover the plate with a layer of fish slices. Pour over the olive oil and sprinkle with salt and pepper.

Parmesan dressing:

2 tbs mayonnaise
4 tbs sour cream
3 tbs grated parmesan cheese
2 tsp mustard
Salt, pepper and lemon juice.

Stir together and season.

Garnish:

150 g rocket salad
20 small bread croutons
20 large capers
10 high-quality olives sliced into rings
4 tbs thinly-sliced parmesan cheese

Sprinkle the croutons, capers, olive rings and parmesan cheese over the Carpaccio. Put some salad in the middle of a plate and spoon some of the dressing around it.

Compiled for Marine Farms ASA
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