



## Cobia Poached in Spiced Milk



Serves 4

800 g Cobia fillet  
1 litre of milk  
3 fresh bay leaves  
2 tsp whole black pepper  
Zest from half a lemon  
3 cloves  
Fresh thyme

Heat up the milk and all the spices. Seep for 20 minutes and strain.  
Dry-salt the fish for 15 minutes and rinse well.  
Cut the fish into four equal portions and place in an ovenproof dish. Bring the spiced milk to the boil and pour it over the fish.  
The fish should be fully submerged. Place in the oven on 90 degrees Celsius and cook until the fish is done (approximately 20 minutes).

## Green Asparagus:

16 green asparagus  
50 g butter  
3 spoons with fine chopped shallots  
1 tbs finely-chopped chives  
Salt and ground pepper

Method:

Peel the asparagus well and cook in salty water for approx. 2 minutes. Leave to cool in iced water. Chop the shallots finely and sauté in butter. Season with salt and pepper. Gently stir in the chives and add the asparagus.

## Celery sticks:

150 g celery sticks  
Salt  
Water  
Butter, salt/pepper

Clean and chop the celery sticks into nice pieces.  
Bring a pan of salty water to the boil and add the celery pieces to the fast boiling water. Cook until half done. Transfer immediately to iced water. Heat up in a little bit of water and butter, season with pepper and salt.

## Mussels in butter sauce:

½ kg mussels  
100 ml white wine

Clean the mussels well and steam under lid in a wide saucepan together with the white wine.  
Steam until the mussels open, approximately 3-4 min.  
Strain and retain the stock. Remove the mussels from their shells.

*Butter sauce*

2 small shallots – finely chopped  
Mussel stock  
4 tbs double cream

120- 150g unsalted butter  
1 tbs chives – finely chopped  
Salt/pepper/lemon juice

Sauté the onion until translucent, but not coloured, add the stock and let it reduce a little, add the cream and reduce. Whisk in the butter – finely diced. The temperature of the sauce must be between 60 and 80 degrees Celsius. Season with salt, pepper and lemon juice. Add the chives and mussels immediately before serving.

**To serve:**

Place the celery and asparagus on a plate, place the fish on top of the celery and pour the sauce around it.

Compiled for Marine Farms ASA  
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