



## Cobia Sashimi "Surf and Turf"



Serves 4

160 g Cobia fillet

Slice the fish into very thin slices.

## Poached quail eggs:

8 quail eggs  
500 ml water  
50 ml white wine vinegar  
Salt

Break the eggs gently into a bowl. Bring a saucepan of water and vinegar to the boil and remove from the heat. Use a whisk to create a whirlpool and slip the eggs gently into the water. Leave to poach for 4 minutes, remove and put in iced water to cool.

## Teriyaki sauce

1.5 lemon grass stems  
3 limes (juice of)  
200 ml soy sauce  
100 g brown sugar  
70 g ginger  
2 cloves of garlic  
½ a red chilli  
2 Kaffir lime leaves

Bring all the ingredients to the boil and cook until the sauce thickens.  
Strain and cool.

## Garnish:

4 tbs decorative edible flowers  
4 sheets of Japanese seaweed  
4 tsp caviar

## To serve:

Place the fish on a plate with the poached quail egg, caviar and a seaweed and flower salad, serve with a little bit of the teriyaki sauce.

Compiled for Marine Farms ASA  
by the Norwegian Culinary Institute

**Jostein Medhus**