



Corn Tempura Cobia



Serves 4

Corn tempura:

200 g Cobia fillet
4 wooden skewers

400 ml neutral-tasting oil for deep-frying

3 tbs plain flour
1 tbs corn flower (Maisenna)
1 tbs polenta
1 tsp baking powder
1 tsp salt
100 ml water

Mix all the dry ingredients in a bowl. Dilute with cold water whilst stirring.
Leave for 30 minutes before dipping the fish in the mixture.
Heat up the oil to 180 degrees Celsius and deep-fry the fish for approx. 2 minutes, serve immediately.

Avocado cream:

1 avocado
2 tbs olive oil (high quality)
Salt, lemon juice, cayenne pepper

Pit the avocado and put it in a blender. Add lemon juice and olive oil. Purée until smooth and season with salt and cayenne pepper.

Wasabi mayonnaise:

3 egg yolks
2.5 tbs soy sauce
1 shallot – finely chopped
1/2 red chilli – finely chopped
1 tbs grated ginger
1 tbs sugar
Wasabi powder according to taste
Juice from one lime
300 ml sunflower oil

Mix all the ingredients except the oil in a blender. Blend well and dilute carefully with the oil until the mayonnaise is nice and smooth.
Season.

Vegetable salad:

Put a selection of parboiled vegetables of your choice into a bowl. Mix with some olive oil, salt and pepper. Use the vegetables you like best.

To serve:

Put some of the vegetable salad on a plate. Add a strip of avocado purée. Place the fish on top and add a dash of wasabi mayonnaise.

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