



Herb-Baked Cobia



Serves 4

800 g Cobia fillet
2 tbs parsley, finely-chopped
2 tbs chives, finely-chopped
2 tbs basil, finely-chopped
1 tbs tarragon, finely-chopped
Salt and pepper

Cut the fish into four equal portions, season with salt and pepper on both sides. Roll the fish in the herbs and bake in the oven at 170 degrees Celsius for approximately 15 minutes.

Mushroom risoni:

100 g risoni (pasta shaped like rice)
500 ml chicken stock or water
50 g finely-chopped shallots
50 g parmesan
2 tbs unsalted butter
Juice from 1 lemon
Olive oil
Chives

200 g fried mushrooms of your choice.

Heat up the oil in a wide frying pan, sauté the onion until translucent, add the risoni and dilute with the stock as for risotto. Remove the frying pan from the heat when the pasta is almost done. Add the grated parmesan and the diced butter and cover with a lid. Leave to rest for 2-3 minutes. Remove the lid and add butter to taste, season with chives, salt/pepper and lemon juice and gently fold in the fried mushrooms.

Garnish:

150 g Sugar snaps
Salt
Water
Butter, salt/pepper

String the sugar snaps and top and tail them.

Bring a pan of salted water to the boil (should be as salty as seawater)

When the water is boiling hard, add the sugar snaps and cook until half done. Transfer immediately to iced water. Heat up in a little bit of water and butter and season with salt and pepper

Sherry sauce:

25 g sugar
30 g sherry vinegar
150 g sherry
100 g chicken stock

Salt, pepper

Caramelize the sugar in a pan, add the sherry vinegar and reduce.

Add the sherry and reduce again, add the chicken stock and reduce to a sticky consistency. Strain and season with salt, pepper.

To serve:

Spoon up a large spoonful of mushroom risoni onto a plate, garnish with a few sugar snaps and place the fish on top. Drizzle with sherry sauce and high-quality olive oil.

Compiled for Marine Farms ASA
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