



Pan-Fried Cobia Fillet



Serves 4

800 g Cobia fillet
Butter for frying
Salt/pepper

Cut the fillets into 4 nice portions, season with salt and pepper and fry in a good frying pan on a medium heat. Fry the fish on both sides until the fish is golden and cooked through.

New cabbage cassoulet:

200 g new cabbage – roughly diced
2 tomatoes – seeds removed, diced
2 shallots – finely-chopped
100 g green peas
2 tbs shredded parsley
3 tbs butter
Salt, pepper

Sauté the cabbage in butter together with the shallots for 3 minutes on a medium heat, add the peas and season with salt/pepper. Gently fold in the rest of the ingredients.

Garnish:

16 small spring carrots
2 tbs butter
Salt/pepper

Rinse the carrots well and cook them gently in the butter on a low heat until tender, season with salt and pepper to taste.

White wine sauce

2 shallots, finely-chopped
200 ml white wine
300 ml fish stock
250 ml double cream
3 tbs cold butter
Salt, pepper, lemon juice

Peel and chop the shallots finely and sauté in some of the butter. Add the wine and reduce to half, add the cream and reduce again to approx. 300 ml. Stir in the cold, diced butter and season with salt, pepper and lemon juice to taste.

To serve:

Place a large spoon of cabbage in the centre of a plate and place the fish on top. Arrange the carrots in a circle around the fish and pour sauce around it.

Compiled for Marine Farms ASA
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Jostein Medhus