

Poached Cobia, Fresh Thyme Broth



Serves 4

- 4 cleaned 6 oz portions of Cobia
- 3 quarts court bouillon (flavorful cooking liquid)
- 4 sprigs of fresh thyme
- 4 teaspoons fish sauce

Heat court bouillon in a medium pot to a simmer and add the portions of Cobia. Cook for seven to eight minutes or until tender and beginning to flake. Sauce: Remove six ounces of court bouillon and pour into a small sauté pan on medium heat. Let reduce for three minutes, add thyme and fish sauce. Season with salt and pepper and serve.

**Cobia Recipe by
Spencer Streetman
Chef de Cuisine, Boston Room**

**Nick Zakharoff, Supervising
American Culinary Federation
Certified Executive Chef, Certified Culinary Judge
Executive Chef, Harvard Club of Boston**

Marine Farms Belize