

Seared Norwegian Cod Marinated in Kaffir Lime Juice Served with Rocket and Lime Custard and Sweet and Sour Tomatoes

Serves 4

Prep time: 30 minutes

Cooking time : 10 minutes

Ingredients :

6 vine tomatoes

50 cl whipping cream

3 limes

4 Kaffir limes

560g Norwegian cod, or Skrei

5cl olive oil

200g rocket

8 egg yolks

2 tablespoons honey

2cl rice wine vinegar

2 star anise

2 green cardamoms

Freshly ground salt and pepper (to taste)



Preparation Directions:

Cut the cod into 4 equal portions of about 140 grams and lightly cover with salt for 20 minutes. Juice and zest the Kaffir Limes; mix with olive oil to make marinade. Remove salt from the fish, press down on the fillets and cover with marinade.

Cooking Directions:

Reserve a few rocket leaves for decoration and blanch the remainder in salted boiling water for four minutes. Drain then put rocket in blender with whipped cream, egg yolks and zest from limes. Once blended, pour into individual silicone moulds and cook for 20 minutes at 65°C (150°F).

Meanwhile, heat honey in saucepan. Add rice wine vinegar, star anise and cardamom until mixture turns a lovely caramel color. Add tomatoes and heat until skin bursts, put aside to marinate for 30 minutes. Sear the fish in a pan skin side down.

Serving Directions:

Place a piece of cod in each plate. Serve with the demolded rocket custard and sweet and sour tomatoes. Garnish with the reserved rocket leaves. Norwegian Cod, or Skrei comes from the icy waters of Scandinavian fjords.

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