

Cod and bacon rolls with grilled vegetables



Ingredients

2 slices of Cod
80 grams of smoked bacon
30 ml of e.v.o. oil
2 sage leaves
1 spring of Rosemary
salt and pepper
pepper
tomatoes

For this recipe you will need:

a pan
a bowl
a cook's knife
a plate
a chopping board
a spatula

Method

1. Take the cod fillets and cut them into several parts, then put them on a plate and brush them with the mixture of oil and herbs.
2. Roll out the slices of Pancetta so that they are placed side by side to have the right width to wrap the fish.
3. Wrap the fish in the bacon slices. If you are afraid that the coating will not stay in place you can use a toothpick.
4. Heat a dry non-stick pan well and place your rolls in it.
5. Try to brown them well on all sides, also using the edge of the pan, and in a few minutes they will be ready to serve.
6. Then cut the pepper and the tomatoes, put the pepper in a pan and let them toast for a bit.
7. Plate the tomatoes, pepper and the bacon cod rolls and serve them hot.

Matteo&Joele

🍴 2 servings 🕒 40 min

breaded cod



Ingredients

Cod fillets (4)
egg (2)
type 00 flour (too taste)
bread crumbs (too taste)
chopped parsley
lemon (1)
seed oil (too taste)

Method

Prepare the cod fillets in a dish, if using the frozen ones let them defrost completely before using. In a bowl, beat the eggs with the salt and chopped parsley, arrange the flour and breadcrumbs in two separate dishes. Dip the cod first in the egg, then in the flour and finally in the breadcrumbs. In a large frying pan with high edges, heat plenty of oil for frying. Cook the fillets first on one side and then on the other, until golden brown. Once ready, place the cod on a tray lined with kitchen paper to absorb the excess oil.

ADVISE

To make the breading tastier, you can add mixed aromatic herbs to the breadcrumbs: rosemary, thyme, oregano, chives. If you prefer intense flavours, add chilli, paprika, or desalted capers instead, while, to give a fresh taste to your fillets, add ginger or lemon to the breadcrumbs

Pineapple, fennel, green apple and cod starter



Ingredients

- 150 g cleaned pineapple
 - 100 g fresh codfish
 - 1 not too big fennel
 - 1 Granny Smith apple
 - dill
 - 3/4 bay leaves
 - extra virgin olive oil
 - salt
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Method

1. Clean the fennel keeping the waste (outer sheaths and stems).
2. Bring a saucepan of water to the heat with the fennel waste and 3-4 bay leaves.
3. When boiling, add the cod; when it starts boiling again, put out the fire and leave the fish immersed in the water until it has cooled down, then drain it, remove the bay leaves, and flake the cod between your fingers.
4. Cut the fennel into sticks; cut the apple into thin slices into small triangles and do the same with the pineapple.
5. Arrange everything on plates, add the chopped cod, add some fresh dill; season this fresh appetizer with a pinch of salt and a drizzle of oil and serve.

Grana cornets with cod sauce



Ingredients

450 grams soaked and well desalted cod
 160 grams grated Parmesan cheese
 35 grams corn flour
 1 carrot
 1 celery stalk
 1 onion
 a bunch of fresh parsley
 a splash of glass dry white wine
 garlic
 peanut oil
 pepper grains

Tools

knife, fish pot, blender, bowl, whisk, cone-shaped mould, non-stick pan and pastry pocket

Method

- Cut carrot, celery and onion into small pieces, put them in a saucepan with a stem of parsley and some grain of pepper, a splash of wine and enough water to cover the fish. Bring to a boil and add the cod; cook for 7-8 minutes.
- Drain the fish, preserving the water, and while still hot put it in a blender with a bunch of chopped parsley and a small piece of peeled garlic (adjust to your taste). Blend, adding about 240 g of peanut oil, obtaining a soft cream. Put it in the fridge until it becomes firm.
- Mix the corn flour with the Parmesan cheese. Spoon it in a hot non-stick pan, covering the bottom. Cook it for a few seconds and, as soon as you can detach the wafer from the pot, with the help of two sticks of skewer, turn it.
- After a few seconds remove it from the pan and wrap it immediately on conical molds, obtaining 6 cornets. Let them cool until they become crispy.
- Fill the cornets with the cream of cod, using a pastry pocket or an ice cream portioner.
- Complete the cornets with herbs and aromas to taste.

Cod and speck bites

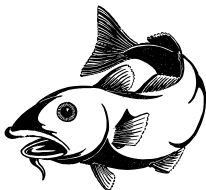


Ingredients

- cod fillet 30g
- speck slices 100g
- bread (crumbs) 30g
- rosemary 1 sprig
- parsley
- sprig of chives
- lemon peel
- salt
- extra virgin olive oil

Method

- 1- first prepare the chopped aromatic herbs.
- 2- add it to a bowl together with the crumbled crumb.
- 3- add the grated lemon rind and mix everything.
- 4- take the cod fillets and cut them first into layers and then into cubes.
- 5- pour a little oil in a pan, heat and add the cod.
- 6- let it brown on both sides for a total of five minutes, turning gently, finally salt; transfer to a plate.
- 7- then, pass the cod cubes into the breadcrumbs to cover them entirely.
- 8- spread the slices of bacon on a cutting board and place each cod piece at the beginning of one of the slices.
- 9- roll to form a roll; do the same for the others and place them in a baking dish.
- 11- bake in a preheated oven at 180C for 10 minutes. Then remove from the oven and let it cool.
- 12- place lettuce leaves and a small bowl on a plate, transfer the small pieces and fill the bowl with mayonnaise.
- 13- your pieces of cod and speck are ready to serve.





Cannelloni with Cod and Potatoes



Ingredients

12 cannelloni
 400 g desalted cod
 2 shallots
 basil
 thyme
 150g water
 150 g seed oil
 2 boiled potatoes
 Parmesan wafers
 salt
 black pepper
 3-4 cloves of garlic

TOOLS

Saucepan, knife, chopping board, tongs, blender, bowl, measuring cup,

Method

1. Cut the shallot into half and add it in a saucepan with oil and garlic
2. Meanwhile, clean the cod, remove the skin and add it to the saucepan
3. Leave to cook for about ten minutes and add the cod to the saucepan and let it cook for 5-6 minutes
4. Remove the cod and herbs from the saucepan and keep warm
5. On the side, add the cod to the blender together with the diced boiled potatoes
6. Blend until you get a homogeneous mixture
7. Blanch the cannelloni in salted water, cool in water and ice
8. Stuff them with the cod and potato mixture and place them on a baking tray, oil the surface a little and bake for 8-10 at 150°C
9. In the meantime, blend the contents of the saucepan kept warm until a well-emulsified sauce is formed
10. Filter the sauce and top the cannelloni with it adding some Parmesan wafers.
11. Serve hot.