

COD LOIN FILLET IN PUFF PASTRY APRIL FOOLS DAY

Ingredients (For 4 people)

- 4 cod loin fillets of approximately 140 g each
- 8 slices raw ham
- 2 rectangular puff pastry dough rolls
- 1 egg
- 1 kg green asparagus
- 1 tbsp colza oil
- 3 tbsp extra virgin olive oil
- 1 tbsp minced chives
- 1 tbsp chopped basil
- Juice and zest of 1 lime
- 1 small chopped shallot
- Salt, freshly ground pepper.

Preparation:

Preheat the oven to 180°C.

Roll out the puff pastry and cut out 4 fish shapes slightly larger than the cod loin fillets. Place them on a baking sheet lined with parchment paper.

Cut fins out of the remaining puff pastry. Decorate the fish with scales by tracing lines with a pair of scissors and draw grooves into the fins using a knife.

Brush the fish-shaped pastry dough with egg yolk. Bake in the middle of an oven for 15 minutes..

Roll each cod loin fillet in two slices of raw ham.

Wash and peel the bases of the asparagus with a vegetable peeler. Cook the asparagus in a large quantity of salted water until tender. Reserve, keeping warm.

To prepare the vinaigrette, prepare the olive oil, lime zests, aromatic herbs and shallots. Season with salt and pepper.

Pour a small amount of colza oil into a hot frying pan and sear each cod loin fillet for 3 to 4 minutes. Drain them on kitchen paper and reserve, keeping warm.

When the puff pastry fish shapes are baked, cut them in half using a serrated knife.

To serve, place each cod loin fillet on the bottom half of a puff pastry fish shape and top with the pastry cover.

Arrange the asparagus and add a dash of vinaigrette. Garnish with edible flowers, sprouts or rocket salad.

