

PAN ROASTED FILLET OF COD WITH CHARRED BABY FENNEL, TOMATO FONDANT AND FRESH PEA SAUCE

WHAT YOU'LL NEED

Tomato Fondant

- 1 sml onion chopped
- 2 tbsp olive oil
- 5 whole tomatoes skinned and deseeded

Pea Sauce

- 50mls mussel stock
- 100mls water
- 100grms fresh peas shelled
- Salt & pepper

Other Ingredients

- 2 fillets of cod scaled and boned
- 2 bay leaves
- 2 tbsp olive oil
- 2 baby fennel cut in half and cooked slowly in olive oil until tender
- 100grms fresh peas
- 2 tomatoes diced
- coriander leaves
- salt & pepper

WHAT TO DO

1. For the tomato fondant fry, the onions in olive oil until transparent. Add the tomato petals and cook slowly until all the moisture is reduced. Pass through a fine sieve and reserve.
2. For the pea sauce boil the stock and water and add the peas and cook for 30 seconds. Puree in a blender and pass through a fine sieve. Cool at once on ice and reserve.

3. Season the fish and fry in hot oil with the bay leaves.
4. Chargrill the fennel on one side. Fry the fresh peas in a hot pan for 30 seconds. Add the diced tomato and coriander leaves.
5. Whisk the pea sauce to a froth and reheat the fondant of tomato and serve with the fennel cod and peas.



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