

Episode 1519 – Gísli Auðunsson

Birch Sour

Serves 1

1 ounce Birch Liquor (Schnapps)

½ ounce Chartreuse

Lemon bitters

Lemon

Birch Syrup (1/4 ounce syrup with ¼ ounce water mixed in)

1 egg white

Chill glasses with ice. Add all the ingredients to the shaker and dry shake a few times.

Then add the ice and shake. Pour ice out of the glasses and strain into glasses.

Whole Roasted Cod Head with Fried Cod Throat

Serves 2

Eat Well With Ming: Cod is an incredible low fat fish and just 4 ounces has 50% of your daily protein needs!

Allergy Free Note: peanut free, tree-nut free

Glaze

1/3 cup honey

1 teaspoon soy sauce

2 tablespoons apple cider vinegar

1 cup heavily reduced chicken stock

½ cup dehydrated Kombu

1. Place sauce pan on medium heat. Add about 1/3 cup honey and let cook 20 seconds. Then add in 2 tablespoons apple vinegar and 1 teaspoon soy sauce. Let reduce for 1 minute. Add the kombu and 1 cup of the heavily reduced chicken stock. Allow to simmer for 20 minutes until the mixture really coats the back of a spoon.

Cod Head

1 cod head

1 small bunch Spanish chervil

1 teaspoon sea salt

2 teaspoons sugar

1. Carefully skin the cod head by cutting down the middle first. Carefully remove the throat.
2. Combine the chervil, sea salt and sugar and cover the head in the mixture. Let sit for 35-40 minutes in the refrigerator.
3. Preheat the oven to 375F.
4. Remove from refrigerator, place in an ovenproof sauté pan and coat with the glaze. Place in an oven for 10 minutes, convection on.

5. Remove the head from the oven, glaze the head again and place back in the oven for another 10 minutes.

Cod Throat

Cod throat

Sea salt

3 tablespoons flour

1 ½ tablespoons potato starch

2 tablespoons of your favorite beer

Canola oil, enough to fry in a small sauce pan

1. Heat canola oil to 375F.
2. Season the cod throats with a pinch of salt.
3. Mix the flour, potato starch and beer together until you've reached a tempura/pancake like texture. Coat each side of the throat in the batter.
4. Add the throat to the oil and fry until golden brown on each side, about 2 minutes.

Angelica Potato Salad

1 tablespoon Dijon mustard

2 tablespoons sour cream

1-inch fresh horseradish, finely chopped, about 1 tablespoon total

Sea salt

1-pound baby potatoes, boiled in salted water until cooked through

Fresh sea beans for garnish if available

1. Mix the mustard, sour cream and a pinch of salt together. Gently crush the potatoes by hand into the mustard mix and gently combine.
2. Garnish with finely chopped or grated horseradish and fresh sea beans.

To Plate

Add 1 more coat of the glaze to the cod head and using a burner, allow to caramelize.

On a large platter, place cod head at one end. Garnish with chervil on top. Place throat to the side and garnish with a dollop of truffle kelp puree.

Pan Roasted Cod with Mushroom Truffle Compound Butter and Watercress-Sea Bean Salad

Serves 3

Eat Well With Ming: Just 1 cup of watercress has more than 90% of your daily vitamin k needs!

Allergy Free Note: peanut free, tree-nut free, gluten free, dairy free

1 cup local dehydrated mushrooms (chanterelle, shiitake, black trumpets)

1 teaspoon tamari

1 teaspoon canola oil

1 large onion, finely minced
½ pound butter, cut into 1-inch cubes, kept in refrigerator until needed
¼ cup dehydrated sea truffle, crumpled
1/8 teaspoon truffle oil
1 cup watercress
1 cup sea beans
1 Lemon
Extra virgin olive oil
Sea salt
Freshly cracked black pepper
1 package rice paper wrappers
3 3-ounce fillets of cod, skin off

1. In a small pot of boiling water, add the mushrooms with 1 teaspoon tamari to rehydrate. Using a spider, remove the rehydrated mushrooms to a cutting board, allow to cool and chop. Make sure to shave the water.
2. In a sauté pan, add oil and onions and slowly caramelize, about 4-5 minutes. Add salt and pepper to taste. Once caramelized, spread on top of mushrooms to chill.
3. Remove butter from the refrigerator and place in large bowl. Add the mushrooms, onion, dehydrated sea truffle and truffle oil. Gently mash the butter to mix everything together.
4. In a bowl, add watercress, sea beans, 2 teaspoons extra virgin olive oil and salt and pepper to taste. Toss to combine and set aside.
5. Using the mushroom water, one at a time rehydrate the rice paper wrapper. Wrap individually in lint free towels to keep rehydrated.
6. One at a time, place one piece of cod in the middle of one rice paper wrapper. Season with salt and add 1 tablespoon of the compound mushroom butter on top. Spread evenly. Carefully starting with the edge of the rice paper wrapper closest to you, fold it on top of the fish. Fold in each additional side and then roll into a small little package.
7. Heat a sauté pan on medium heat. Add 2 tablespoons butter. Place fish butter side down and cook for 8 minutes a side.
8. To plate, add the watercress and sea bean salad and top with the cod. Garnish with crumble of sea truffle, lemon juice and enjoy.