

## Simply Ming on The Road Episode 1525 - Simon Hulstone

### **Roasted Norwegian Cod with Parsnip Puree and a Verjus and Spring Onion Butter Sauce**

#### **Serves 2**

**Eat Well With Ming:** Did you know cod is a low fat fish and is packed with phosphorus, selenium and vitamin B12?

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

2 x 4 ounce fillets of Norwegian cod, skin on  
2 Finely sliced sheets of Iberico lardo  
1 cup diced and peeled parsnip  
½ cup heavy cream + 1 tablespoon for verjus sauce  
2 ½ tablespoons unsalted butter + ½ stick for sauce  
¼ cup verjus de Perigord  
¼ cup light chicken stock  
¼ cup diced golden raisins soaked in verjus  
1 bunch scallions, thinly sliced  
¼ peeled cucumber diced  
Kosher salt and freshly ground black pepper to taste  
1 teaspoon fennel pollen  
1 teaspoon crispy dried shallots, you can also use fried onions here if you need to  
Coriander and fennel micro herbs

1. In a medium sauté pan on medium-high heat, place the seasoned cod skin side down until golden brown. Turn the heat off, flip the fish and remove the pan from heat.
2. Finely dice the parsnips and in a sauce pot, add the cream and butter, simmer until soft and blend all together. Pour through a strainer and season with salt and pepper to taste. Set aside.
3. To a small pot, add ¼ cup verjus and bring to a boil. Add one tablespoon heavy cream and slowly add the butter, allowing it to melt while you continuously gently shake the pot to allow it to incorporate. You can also use a whisk to gently combine the sauce as well. Season with a touch of kosher salt. Add the golden raisins, cucumber and mix to combine. Set aside.
4. To plate, place a round of the parsnip puree in the center of the plate. Place the slice of lardo to cover the cod and garnish with pollen, onions and herbs and flowers.
5. Add the scallions to the sauce and mix well to combine. Gently place sauce around the circle of parsnip puree. Lastly, place the piece of cod on top of the parsnip puree and enjoy!

## Pan Seared Cod with Orange Teriyaki and Parsnip Fried Rice

### Serves 2

**Eat Well With Ming:** Use parsnips to replace rice to increase fiber and decrease carbohydrate intake.

**Allergy Free Note:** peanut free, tree-nut free, shellfish free

2 parsnips, peeled and finely diced to mimic rice

1 cup soy sauce

Zest and juice of 3 oranges

4 cloves of garlic, smashed

4 slices of fresh ginger

2 heaping tablespoons of brown sugar

1 bunch scallions, finely chopped, whites and greens separated

2 4-ounce pieces of cod, skin on

3 eggs

1 tablespoon butter

1. In a sauce pan, add the soy sauce, zest and juice of 3 oranges, garlic, and ginger. Keep heat on medium and let reduce by about 60% for 15 minutes.
2. Season the skin side of the cod with salt and pepper.
3. In a sauce pan, add 1 teaspoon vegetable oil and place cod skin side down. Season with salt and pepper and place on medium-low heat. After 5 minutes, flip the cod and let cook for another 2 minutes.
4. In a wok, heat with 1/3 cup oil. Crack eggs into a mixing bowl, season with salt and pepper and scramble. Once oil is hot enough, add eggs and using chopsticks, continuing stirring until they are cooked, about 1 minute. Remove from heat and place on a paper towel lined plate or sheet tray.
5. To the same wok, add the "riced" parsnip. Start to sauté. Add 1 tablespoon butter, scallion whites and the eggs. Mix gently to combine and heat through.
6. Strain the teriyaki into a bowl. Remove fish from sauté pan, and coat each fillet with 3 tablespoons of the teriyaki. Place in a salamander or convection oven for about 30 seconds-1 minute.
7. To plate, add one large kitchen spoon full of fried rice in the middle of a plate. Place the cod fillet on top. Garnish with another tablespoon of the teriyaki around the cod and fried rice and finish with finely chopped scallion greens.