

Blue cod, sweet corn, broad beans curried broth

By Michael Meredith

30 minutes

Preparation time

45 minutes

Cooking time

4

Serves



INGREDIENTS

4 Blue Cod fillets, boned and skin removed
300g fresh broad bean kernels
200g fresh baby corn cut in half, lengthways

Curried broth

50g butter
30ml neutral cooking oil
1 litre chicken stock
2 shallots, chopped
3 garlic cloves, chopped
½ green chilli
1 tbsp ground coriander
1 tbsp ground cumin
1 tsp asafoetida
15g fresh turmeric, peeled and thinly sliced
4 ripe medium tomatoes, cut into quarters
2 tbsp tamarind paste (choose a sweet tasting brand)
1 tbsp palm sugar
2 tbsp mustard seeds
2 tbsp lime juice
½ cup fresh coriander leaves, chopped
½ cup fresh curry leaves
120g of spinach leaves, stalks removed and torn into large strips
Salt to taste

METHOD

Curried broth

1. Place a large saucepan on medium-high heat, induction setting 7. Add butter, oil, shallots, garlic and chilli and sweat for 3-4 minutes, or until fragrant.
2. Add the ground spices, fresh turmeric and tomatoes and cook, stirring for another 3 minutes.
3. Add tamarind paste, palm sugar and stock and bring to boil on high heat, induction setting 9 then reduce induction setting to 6 and simmer for 30 minutes.
4. Strain through a sieve into another saucepan and set induction to the Keep Warm setting.
5. Steam broad beans and corn in a perforated steam container at 100°C for 2 minutes, then quickly shell the broad beans and add to the broth.
6. In a sauté pan set on medium-high heat, induction setting 7, toast the mustard seeds until they start to pop and add to the broth with the curry leaves.

Blue cod

1. Season fish lightly with salt and place in an unperforated steam container lined with baking paper.
2. Place in the steam oven and Steam at 85°C for 8-10 minutes, depending on thickness.

To serve

1. Bring broth to a quick boil on high heat, induction setting 9. Remove from heat as soon as it boils and add coriander leaves, spinach and lime juice and season with salt.
2. Place fish into serving bowl and spoon broth and vegetables on top.