



POACHED COD WITH OLIVE OIL AND CARROT PURÉE

INGREDIENTS

- Cod 120g / pers.
- Espelette peppers (according to your tastes)
- Salt (according to your tastes)
- Pepper (according to your tastes)
- 1 bunch of Thyme
- 1 head of garlic, cut in half
- 1L Mas des Tannes Olive Oil
- Citrus zest

(1 orange, 1 lemon, 1 lime)

- 5 kg of carrots
- Orange peels
- 250g of butter
- 3cl of cream

DIRECTIONS

Poached cod with olive oil preparation

Season the cod with Espelette peppers, salt, pepper and citrus zest.

Cut into portions of about 120g / pers.

In a saucepan, pour olive oil and season with thyme and garlic.

Heat to 165F. Cook the cod in the oil for 4 min.

Drain

The cod is ready!

Carrot orange purée preparation

In a large saucepan, boil salted water.

Cut the carrots into pieces.

Then put them into the saucepan with orange peel.

Cook until you can stick the knife in (about 15 to 20 minutes).

Take out and drain the carrots.

In the still hot pan, mix the carrots with 250g of butter and 3cl of cream.

WINE PAIRING SUGGESTION :

Paul Mas Viognier, IGP Pays d'Oc



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