



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University

Roast Cod wrapped in Smoked Streaky Bacon

4 portions

Ingredients

For the Cod

4 x 150/200g pieces of Cod fillet skinned

8 Streaky Rashers, rindless, battened out between 2 pieces of cling film

25g melted butter

Pastry brush

Sea salt & Black pepper

Vegetable oil

4 Wedges of lemon or lime

Method

Dry the cod fillets with kitchen roll, brush with melted butter, season all over with pepper and a little salt (bacon will add salt to the dish) and wrap in the streaky bacon, 2 pieces per fillet. Brush an oven tray with some oil and place the wrapped cod on it with some space between each, Roast in a pre-heated hot oven @200c for 12-15 minutes. Serve whole on top of the broth.

Potato, Tomato and Saffron Broth

Ingredients

1Tbsp oil

1 Onion, finely diced

2 Cloves garlic, crushed

1tsp Tomato puree

150ml Sherry

350ml Vegetable/Chicken stock

1 Bay leaf

1 pinch of saffron

200g Potato, peeled and diced (bite size)

300g Cherry tomatoes, halved and roasted for 15 minutes in hot oven with rosemary and seasoning

2tbsp Chopped parsley

Sea salt and Black Pepper

Method

Sauté the onion and garlic in the oil until soft and slightly caramelised, add the tomato puree and mix well, add the sherry and allow to reduce by half. Then add the stock, the saffron, the bay leaf and the potatoes, allow to simmer for 15-20 minutes. When the potatoes are just cooked add the tomatoes and allow to cook for a further 10 minutes. Check the seasoning and add half the parsley just before service.

To Serve

Divide the potato, tomato and saffron broth between 4 pasta bowls, top with the roasted cod, sprinkle with parsley and finish with a wedge of lemon/lime.

Vanilla and Lemon Yoghurt Mousse

4 portions

Ingredients

200g quark

3tbsp icing sugar/sweetener

1tsp vanilla extract

Zest and juice of 1 lemon

350g yoghurt (fat free)

1 sachet gelatin (soften in 2tbsp hot water just before adding)

1 egg white + pinch salt (optional)

Method

Mix the first 5 ingredients in a bowl. If using the egg white beat to stiff peak, salt help this to happen. Soften the gelatin in the hot water. Add to the yoghurt mixture, then fold in the egg white if using, mix gently then spoon into ramekin or a glass for serving. Serve with shortbread biscuits, to add crunch. The soft fruits with the sugar will macerate and become juicy and sweet, serve on the plate or in a small dish with the pannacotta.

Garnish:

Shortbread biscuits

Chopped soft fruits + icing sugar