



WOODHAM'S FABULOUS FISH DISH

We continue our series of chef's favourite recipes from Karma Salford Hall's chief culinary creative James Woodhams, who this week serves up a hearty fish supper featuring tasty cod fillet with an indulgent crumb alongside a blend of perfectly julienned vegetables...

Crumb topped cod loin, tagliolini vegetables & grain mustard butter sauce

Ingredients

Cod Loin And Crumb Topping

4 × 140g cod fillets
vegetable oil
1 lemon (squeeze of)
salt and pepper
white breadcrumbs
50g butter
grated parmesan cheese
1 shallot
1 sprig flat leaf parsley
Small carton or can of chopped tomato sauce

Garnish

handful small spinach leaves
1 tbsp popped broad beans or edamame beans
A generous handful of garden peas

Ingredients

Grain Mustard Butter Sauce

1 shallot
1 garlic clove
1 sprig thyme
100ml white wine vinegar
100ml white wine
100ml double cream
250g butter
1 tbsp farmhouse grain mustard

Vegetable Tagliolini

1 box of the best tagliolini pasta you can buy
1 carrot
1 stick celery
1 courgette
1 leek (pulled out of the garden)
knob of butter
lemon juice (squeeze of)
1 handful chives (chopped)



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How to prepare

For The Cod Loin Fillets

Wash and dry the cod and make sure there are no pin bones left in the fillet. For The Grain Mustard Butter Sauce

Peel the shallot and garlic and dice finely. Place into a saucepan along with the thyme, vinegar and wine. Place onto the heat and reduce by half, then add the cream and bring up to a boil. Turn down the heat and slowly add the butter stirring all the time.

Once all the butter is combined, finish with the chives and grain mustard and season. Place aside until needed.

For The Cod Loin Fillets

Briefly blitz the breadcrumbs, butter, cheese, shallot and parsley in a processor until it comes together. Season with salt and pepper and a squeeze of lemon juice.

How to prepare

For The Vegetable Tagliolini

Julienne the carrot, celery, courgette and leek finely. Blanch all the vegetables in a saucepan of boiling salted water. Add the pasta either before or after, dependent on cooking time.

Drain off the water, add a good knob of butter and a squeeze of lemon juice.

Check the seasoning and finish with a handful of chopped chives.

To Finish The Cod

Preheat the oven to 165°C. Place the cod loins on a lightly oiled oven tray and top with the tomato sauce, followed by the crumb mix topping. Place into the oven for six minutes. Once cooked, remove the cod from the oven and place one fillet onto each pile of the pasta and vegetables. Spoon the sauce around the cod.