

# AQUNA COD CROQUETTES



*Life tastes better our way.*



AQUNA  
Sustainable Murray Cod



## INGREDIENTS

### CURE

225g salt  
25g sugar  
1kg Aquana cod fillets, skin off

### CROQUETTES

600ml milk  
5 x cloves of garlic  
50ml olive oil, plus extra  
for cooking  
1kg potato, peeled  
and quartered  
zest of 2 lemons

### CRUMB

2 whole eggs, lightly whipped  
100g plain flour  
250g breadcrumbs  
200ml vegetable oil, to cook

PREP: 14 HOURS  
(12 HOURS DOWNTIME)  
COOK: 15 MINUTES  
SERVES: 6 PEOPLE  
DIFFICULTY: MODERATE

## METHOD

### FISH CURE

1. Cut Aquana cod into 3cm x 3cm pieces and place in a large bowl. Add cure mix and mix well.
2. Lay fish out in a large tray (non-reactive) and place in the fridge for 20 minutes.
3. Gently wash the fish pieces with cold water and pat dry with paper towel.
4. Place the fish onto a large tray (non-reactive) and leave uncovered in the fridge (close to the fan) for 12 hours. This is important to draw as much moisture out of the fish as possible.

### CROQUETTES

1. Boil potatoes, until soft.
2. Pass through a vegetable mouli or potato masher and keep aside.
3. In a large casserole pot, sweat the garlic with a little olive oil until soft.
4. Add the cured Aquana cod and cook for 1 minute.
5. Add milk and cook for 15 minutes, on medium heat or until the fish starts to flake apart.
6. Strain the fish away from the liquid and reserve the liquid.
7. In a food processor, add 1/3 of the cooked fish and blend on medium speed, add olive oil and slowly add reserved cooking liquid until a paste consistency.
8. In a large bowl mix cooked fish, processed fish, cooked potato and lemon zest.
9. Shape into small croquettes and place on a tray in the fridge to cool and firm up.
10. Place eggs, flour and breadcrumbs in three separate bowls.
11. Working in small batches, place croquettes in the flour first, then the egg mix, and then finally the breadcrumbs to get a nice coating on each croquette.
12. Panfry croquettes in vegetable oil until golden brown.



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RECIPE #3



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