

POACHED AQUANA COD WITH CHICKPEA RAGU



Life tastes better our way.



AQUNA
Sustainable Murray Cod



INGREDIENTS

FISH

4 x 200g pieces of Aquna cod fillet
50g salted butter
250g fish stock
salt, to taste
4 whole peppercorns

CHICKPEA RAGU

1 x stick celery (40g), cut into
2mm x 2mm dice
1 x brown onion (80g), cut into
2mm x 2mm dice
½ carrot (40g), cut into
2mm x 2mm dice
100ml dry white wine
1200ml water, for cooking
12g salt
500g dried chickpeas
200ml extra virgin olive oil
1 stalk rosemary
4 x parsley stalks (without leaves)
2 x cloves of garlic
10 x peppercorns

PREP: 2 HOURS

COOK: 15 MINUTES

SERVES: 4 PEOPLE

DIFFICULTY: MODERATE

METHOD

CHICKPEA RAGU

1. Soak chickpeas in cold water overnight, cover by at least double.
2. Place olive oil, rosemary, parsley stalks, garlic cloves and whole peppercorns in a small pot and heat gently. Once it reaches around 80-90 degrees, take off the heat and allow to sit for 30 minutes to infuse.
3. Place diced onion, celery and carrot in a casserole pot and cook on a low heat until soft.
4. Add white wine and cook for 2 minutes to evaporate the alcohol.
5. Add salt and the strained chickpeas.
6. Add water and cook for 30-45 minutes, or until the chickpeas are completely cooked and tender.
7. Strain chickpeas over a bowl to retain the cooking liquid.
8. Strain infused oil.
9. In a food processor, blend half of the cooked chickpeas on a high speed, slowly add strained oil, and then the reserved cooking liquid, until the consistency of a thick soup.
10. In a large bowl, mix the whole chickpeas and the pureed chickpeas.

FISH

1. In a small pot place fish stock, butter and peppercorns – season with salt to taste.
2. Bring to a simmer and add Aquna cod fish fillets, make sure the liquid covers the fillets at least two-thirds.
3. Once the liquid comes back to a light simmer, turn off the heat and place a lid over the pot.
4. Leave for 7-10 minutes, or until the fish is opaque and cooked right through.

TO ASSEMBLE:

1. Heat chickpea ragu and spoon into a deep bowl.
2. Place poached fish fillet on top of the ragu and spoon over some of the cooking liquid.



P: +61 269 625 470

W: WWW.AQUNA.COM

RECIPE #6



AQUNA
Sustainable Murray Cod