

BAKED AQUANA MURRAY COD,
MUSTARD AND BALSAMIC GLAZE,
FENNEL PUREE, YOUNG GARLIC



Life tastes better our way



AQUNA
Sustainable Murray Cod



INGREDIENTS

2 x 150g portion of Aquana
Murray cod (filleted, pin
boned and portioned
– skin off)
100g seeded mustard
1 litre good quality fish stock
20g good quality reduced
balsamic
2 x large fennel
30g squid ink
Olive oil
4 x young garlic bulbs
(white part only)
100 mL milk
Edible flowers
(cucumber flowers)
Micro herbs
(mizuna, amaranth, chervil)

PREP: 30 MINUTES
COOK: 45 MINUTES
SERVES: 2 PEOPLE



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RECIPE #14

METHOD

MUSTARD GLAZE

1. Reduce fish stock slowly until only 10% of the initial liquid remains, it should be sticky to touch and a golden colour. Be careful not to burn towards the end of making the reduction.
2. Mix the fish reduction with the seeded mustard and add the reduced balsamic.

FENNEL PUREE

1. Roughly chop fennel and place in a heavy based saucepan.
2. Add 50ml water and a dash of olive oil and cook over low heat with a lid on.
3. Check regularly and cook until very tender.
4. Strain off liquid in a fine mesh colander.
5. Add cooked fennel and squid ink to a food processor and blend. Add olive oil to emulsify into a smooth consistency.

YOUNG GARLIC PUREE

1. Cut the white bulb from the green stalks and keep the white part.
2. Place in a small saucepan with cold water and bring to the simmer, once simmering strain off garlic and tip out the hot water.
3. Add fresh cold water back into the pot and repeat the previous step (you need to do this five times, this will remove any bitterness from the garlic).
4. After the garlic has been blanched five times add milk instead of water and a pinch of salt, bring to the simmer and cook for two minutes.
5. Strain off milk (reserve to add back to the puree), and place garlic in a food processor.
6. Blend until smooth, add some milk to get a smooth consistency.

FISH

1. Place fish portions on an oven proof tray lined with greaseproof paper.
2. Carefully spoon on mustard glaze over skin side of the fish.
3. Bake in an oven at 180°C for 8 – 10 minutes.

TO ASSEMBLE

1. On a flat white plate, carefully place cooked fish.
2. Garnish with a spoon of the fennel puree (room temperature) and small dots of the garlic puree (room temperature).
3. Finish with the micro herbs and edible flowers.



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