

# AQUNA MURRAY COD DOUGHNUTS



*Life tastes better our way*



AQUNA  
Sustainable Murray Cod



## INGREDIENTS

200g of Aquana Murray Cod  
(filleted, pin boned, skinned  
and cut into 2cm pieces)  
750g Sebago potatoes  
110g butter  
130g flour  
160g whole egg  
250g milk  
Canola oil for frying

PREP: 45 MINUTES

COOK: 15 MINUTES

DIFFICULTY: MEDIUM

SERVES: 4 PEOPLE

## METHOD

### COOKED POTATOES

1. Peel and cut potatoes.
2. Place in a medium pot and cover with cold water, season with salt.
3. Cook over medium heat until soft, strain into a colander.
4. Pass through a potato ricer or a fine mesh drum sieve.
5. Weigh 450g of cooked potato and set aside.

### FISH

1. In a small frypan, heat some canola oil.
2. Sauté in two batches the fish pieces, cook until the fish just starts to fall apart.
3. Set aside.

### DOUGH

1. In a medium saucepan, heat the milk and butter until just simmering over a medium heat.
2. Add flour and stir quickly until a dough forms, continue to cook over a low heat until it starts to leave a light film on the bottom of the pan and pulls away evenly from the sides.
3. Using a wooden spoon, mix in the weighed cooked potato.
4. Mix in the eggs and mix thoroughly.
5. Add the cooked fish.

### TO COOK

1. Preheat oven to 180°C.
2. Heat the canola oil in a small deep fryer to 180°C, or in a heavy based pot, although a deep fryer is safest and best practice.
3. Spoon 1tbsp of mixture into the hot oil and cook until lightly golden, continue to turn the doughnut to cook it evenly.
4. Place doughnuts on a tray with a drying rack.
5. Once you have cooked the batch, place the doughnuts in the oven for 3 – 4 minutes to finish cooking and prevent a doughy centre.
6. Garnish with some fresh herbs.



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RECIPE #20



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