

“

Enlivening an Aquana Murray Cod fillet with a simple, sharp lemon-and-caper sauce brings out the best in the fish. The clever extra dimension in this recipe, though, is using the fish's own belly fat as part of that sauce to add greater depth to the flavours.

Heston Blumenthal.



AQUNA
Sustainable Murray Cod

P: +61 2 6962 5470 W: WWW.AQUNA.COM  



COD WITH LEMON BUTTER AND CAPERS

Recipe by Heston Blumenthal

INGREDIENTS

1 whole Aquna Murray Cod
salt
olive oil
freshly ground white pepper
50g unsalted butter, cut into small dices
2 Tbsp capers
zest and juice of 1 lemon

METHOD

Clean and fillet the cod, reserving two cod fillets (approx. 120g each). Leave the skin on the fillets but scrape off the scales. When filleting, you will notice plenty of fat encasing the belly area. Remove and reserve all this fat and add to a non-stick pan over moderate heat. Cook until completely melted then pass through a fine mesh sieve. Weigh out and reserve 50g fat for this recipe. Set aside to cool until needed.

Pat the prepared Murray cod fillets dry using kitchen paper. Season all sides with salt and lightly coat in olive oil. Drizzle a little olive oil into a wide-bottomed non-stick pan and bring the heat to moderately high. Cover the base of the pan with a sheet of parchment paper and place the oiled cod on top. Cook for 4 minutes then reduce the heat to moderately low and flip to cook the underside for 4 minutes. Remove from the pan and season with ground white pepper. Set aside to keep warm.

Discard the parchment paper from the pan and add the cubes of butter and 50g reserved Murray cod fat to it. Over moderate heat, melt the butter and fat. Once the butter stops sizzling and starts browning and smelling nutty, remove the pan from the heat and add the capers and lemon juice. Whisk the mixture well and pour over the warm Murray cod fillets.

Season as needed and finish with the finely grated lemon zest.