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Similar to confit, rillettes is a classic French spread for bread. Most typically it's made with pork slow-cooked in fat, but here Aquana Murray Cod takes centre-stage to create something delicious and completely addictive. Every fridge should have a jar.

Heston Blumenthal.



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COD RILLETTE

Recipe by Heston Blumenthal

INGREDIENTS

FOR THE MAYONNAISE

25g pasteurised egg yolks
25g Dijon mustard
7.5g white wine vinegar
180g vegetable oil
pinch salt

FOR THE RILLETTE MIXTURE

300g whole milk
2 celery sticks, trimmed and finely diced
2 shallots, peeled and finely diced
1 lemon, cut into quarters
2 bay leaves
1 star anise
4 white peppercorns
2 Aquna Murray Cod fillets, skinless and deboned (approximately 120g each)
100g reserved mayonnaise
5g flat leaf parsley leaves
5g dill leaves
finely grated zest and juice of 1 lemon
30g nonpareil capers, roughly chopped
salt and freshly ground black pepper
dill sprigs, to garnish

FOR THE TOAST

4 thick slices sourdough bread
olive oil
sea salt flakes

METHOD

For the mayonnaise, combine the egg yolk, mustard and vinegar in a blender and blitz on medium speed. Gradually drizzle in the oil until the mixture has emulsified. Season with salt. Store covered in the fridge for up to 3 days. You will only be using 100g for this recipe.

To make the rilette, start by poaching the Murray cod. Place the milk in a pan and add the celery, shallots, lemon quarters, bay leaves, star anise and white peppercorns. Bring the milk to a boil, then immediately remove from the heat. Place the Murray cod fillets into the seasoned milk and allow the fish to gently poach. Allow to completely cool. Once cool, remove the Murray cod and set aside on a tray lined with kitchen paper. Discard the poaching liquid. Lightly flake the fish and combine gently with the mayonnaise. Finely chop the herbs and stir them into the mixture along with the lemon zest, lemon juice and chopped capers. Season with salt and freshly ground black pepper and divide the mixture between 4 ramekins. Garnish each portion with dill sprigs.

Lightly brush the sourdough slices with olive oil and place in a hot griddle pan. Cook until crispy and charred on both sides. Season with sea salt flakes and serve with the rilette.