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Aquna Murray Cod stands up very well to smoking, which gives the fish a whole new flavour dimension. And it's very easy to do: put a fillet in a tin with a few wood chips and in five minutes it's done. You can then poach the fish and use it as the filling for an omelette that's totally...smokin'!

Heston Blumenthal.



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# SMOKED COD OMELETTES

Recipe by Heston Blumenthal

## INGREDIENTS

### TO SMOKE THE COD

1 Aquna Murray Cod fillet, skinless and deboned (approximately 120g each)  
6g applewood smoking chips

### TO POACH THE COD AND MAKE THE SAUCE

140g whole milk  
reserved smoked Murray cod  
12g unsalted butter  
12g plain flour  
20g smoked Cheddar, grated  
salt and freshly ground black pepper

### FOR THE CRÈME FRESH

80g crème fraîche  
pinch salt  
finely grated zest of ¼ lemon  
2g chives

### FOR THE OMELETTES

6 large eggs  
50g whole milk  
salt and freshly ground black pepper  
25g unsalted butter  
reserved sauce with cod  
30g smoked Cheddar, grated  
2 Tbsp reserved crème fraîche

## METHOD

To smoke the Murray cod, put a small container of ice under the rack in a smoking box or tin. Place the Murray cod fillets on the rack and add half the smoking chips in the corner of the box. Ignite the chips and seal the box, smoking for 2 minutes. Add the remaining chips and smoke for an additional 2 minutes. Remove the fish and set aside in the fridge until needed.

Poach the Murray cod fillets by heating the milk in a deep-sided pan to 70°C. Add the smoked fillets and gently poach for 5 minutes. Remove the pan from the heat and allow the cod to cool in the milk. Remove the fish from the milk and flake the flesh, removing any bones. Strain the milk through a fine sieve and reserve.

Make the sauce by melting the butter in a pan. Add the flour and cook the roux for 2 minutes. Ladle the reserved milk in a little at a time, whisking well until the sauce is smooth. Stir in the grated Cheddar and flaked fish and remove the pan from the heat.

For the crème fraîche, simply season the crème fraîche with salt and stir in the finely grated lemon zest and freshly snipped chives.

To cook the omelettes, crack the eggs into a jug along with the milk. Season with salt and freshly ground black pepper. Whisk well. Make one omelette at a time: melt half the butter in a non-stick frying pan. Once the butter starts foaming and browning, add half the whisked egg mix and cook the mixture gently, slightly agitating it until it starts to resemble scrambled eggs. Ensuring there are no gaps, increase the heat and spoon half of the saucy fish mixture on one side of the omelette. Sprinkle over half the grated Cheddar and gently fold the omelette over. Slide onto a plate and top with a tablespoon crème fraîche. Repeat the process with the remaining ingredients to make a second omelette.