



“

I am delighted to be working with MCA. The innovative way their people have created a luxury fish by combining natural processes developed over millions of years with cutting edge technology aligns with the way I approach food and cooking.

Heston Blumenthal.



AQUNA
Sustainable Murray Cod

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





AQUNA
Sustainable Murray Cod

COD EN PAPILOTE

Recipe by Heston Blumenthal



INGREDIENTS

FOR THE COMPOUND BUTTER

½ Tbsp olive oil
1 small shallot, peeled and finely diced
1 clove garlic, peeled and crushed
¼ tsp smoked paprika
150g dry white wine
juice and finely grated zest of ½ lemon
125g unsalted butter, softened
2g flat leaf parsley leaves
2g dill leaves
salt and freshly ground black pepper

FOR THE POTATO FONDANT

2 large King Edward potatoes
3g salt

TO MAKE THE PAPILOTE

8 reserve potato “fondant” discs
salt and freshly ground white pepper
24 lemon segments (6 per dish)
4 Aquana Murray Cod fillets, skinless and deboned (approximately 120g each)
reserved compound butter
small handful fresh dill

METHOD

For the compound butter, heat the oil in a small pan over moderate heat and gently cook the shallots until soft but not coloured. Add the garlic and smoked paprika and cook for another minute. Add the white wine, lemon juice and zest and reduce the entire mixture to a glaze consistency. Set aside.

Add the softened butter to the bowl of a stand-up mixer fitted with the paddle attachment. Mix on low speed and add the cooked onion mixture. Finely chop the herbs and add to the mixture. Season with salt and freshly ground black pepper and stir well to combine. Spoon onto a sheet of clingfilm. Wrap up and roll the butter into a cylinder approx. 3cm diameter, twisting the ends of the cling film to seal. Place in the fridge for at least an hour.

To make the fondant, wash and peel the potatoes and cut into 2cm thick pieces. Use a 5cm disc cutter to cut each piece into circles. Fill a pan with cold water and add the potato discs. Add salt and bring the water to the boil. Reduce to moderate heat and simmer for 15-20 minutes until the potatoes are tender. Remove and drain well on kitchen paper.

For the en papillote, preheat the oven to 180°C.

Prepare 4 sheets of parchment and 4 sheets of foil, each trimmed approximately 30cm square. Lay the sheets of parchment each on top of a sheet of foil. Place two cooked potato discs next to each other on the centre of a greaseproof sheet and lightly season with salt and pepper. Top with three pieces of segmented lemons, followed by a Murray cod fillet. Add another three lemon segments and lightly season with salt and pepper. Remove the cling film from the compound butter and slice the log of butter into 16 thin discs. Top each Murray cod fillet with two discs of butter. Place an additional two discs on either side of the potatoes. Fold the parchment into a parcel by lifting the edges and folding them over. Wrap a second time in the underlying foil. Repeat the process with the remaining 3 parcels.

Place all 4 parcels onto a tray and bake in the oven for 20 minutes. Remove and allow to rest for 5 minutes before opening and serving with freshly chopped dill.