



“

With their distinctive but not overpowering flavours, Aquana Murray Cod and cauliflower are superbly suited to a spicy, deeply fragrant curry dish.

Heston Blumenthal.



AQUANA
Sustainable Murray Cod

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





AQUNA
Sustainable Murray Cod

CURRIED COD WITH CAULIFLOWER

Recipe by Heston Blumenthal

INGREDIENTS

FOR THE CURRY POWDER

75g coriander seeds	20g chilli powder
35g cumin seeds	25g turmeric powder
25g ground ginger	5g cardamom pods
2.5g nigella seeds	2.5g fenugreek seeds
1g whole cloves	1g mustard powder

FOR THE CURRY SALT

25g reserved curry powder
25g sea salt flakes

FOR THE CAULIFLOWER PUREE

250g cauliflower florets, blitzed
100g whole milk
50g unsalted butter, diced
salt

FOR THE CURRY BEURRE BLANC

10g unsalted butter
25g banana shallots, peeled and finely sliced
3g reserved curry powder
½ tsp golden caster sugar
175g apple cider
125g unsalted butter, diced (additional)
¼ tsp Verjus
¼ tsp lemon juice
salt

FOR THE CAVALO NERO

1 head cavalo nero (80g trimmed weight)
50g unsalted butter, diced
salt and freshly ground black pepper

FOR THE CAULIFLOWER WEDGE

40g coconut oil
½ head cauliflower, cut into 4 wedges
salt and freshly ground black pepper

TO COOK AND FINISH

4 Aquana Murray Cod fillets, skinned and boned (approximately 120g each)
salt and freshly ground white pepper
1 Tbsp grapeseed oil
½ tsp reserved curry salt
freshly squeezed lemon juice
reserved cauliflower wedges
reserved cauliflower puree
reserved cavolo nero
reserved curry beurre blanc
5 sprigs fresh dill

METHOD

Make the curry powder by toasting the spices in a dry pan over high heat. Allow to cool. Blitz to a fine powder. Pass through a fine mesh sieve and set aside.

For the curry salt, simply combine the curry powder and sea salt flakes. Set aside until needed.

To make the cauliflower puree, combine all the ingredients in a pan. Place over medium heat, once it begins to boil, lower the heat to moderate and cover with a lid. Cook for 5 minutes. Remove the lid and cook until all the liquid has evaporated. Transfer the mixture to a blender and blitz until smooth. Set aside.

For the curry beurre blanc, melt the butter in a pan over moderate heat and gently cook the shallots and curry powder for 2 minutes until they soften and become translucent. Add the sugar and cider and reduce by three-quarters. Gradually whisk in the additional cubes of butter until you have an emulsified sauce. Remove from the heat, cover and leave to infuse for 20 minutes. Pass the mixture through a fine mesh sieve, discarding the shallots. Stir in the Verjus and lemon juice and season with salt. Keep warm until needed.

To prepare the cavolo nero, remove and discard the large inner stalk and any tough outer leaves. Wash and drain well. Weigh out the 80g needed for this recipe. Gently melt the butter in a large pan over moderate heat. Add the leaves and cook for 2 minutes before removing and draining on a tray lined with kitchen paper. Season with salt and freshly ground black pepper. Set aside.

For the cauliflower wedges, preheat the oven to 180°C. Heat the coconut oil in a large non-stick pan. Season the wedges with salt and freshly ground black pepper and shallow fry the pieces until golden and caramelised on all sides. Transfer to a tray and place in the oven for 4 minutes to cook through. Strain the coconut oil from the pan through a fine mesh sieve and whisk into the warm curry beurre blanc prepared earlier.

To finish, pat the Murray cod dry using kitchen paper and season all sides with salt and white pepper. Drizzle a little grapeseed oil into a pan over high heat. Fry the Murray cod until a thermometer probe inserted into the centre reads between 48-50°C. Remove from the pan and place onto a plate or tray lined with kitchen paper to drain excess oil. Season with curry salt and lemon juice.

Place a cauliflower wedge, cauliflower puree and cavalo nero into the centre of a bowl. Gently place the cod on top. Pour over the curry beurre blanc and garnish with sprigs of dill.

NOTE: You will have left over curry powder and curry salt. These will store well in sealed containers for up to 6 months.