


# WHOLE AQUANA MURRAY COD IN SALT PASTRY, BBQ CORN & SEAWEED BUTTER



*Life tastes better our way*



AQUANA



This beautifully presented whole Aquna dish will surprise and delight your family and friends, especially the theatrical removal of the pastry before serving!

## INGREDIENTS

1 x 600g whole Aquna Murray Cod, scaled and gutted

### SALT PASTRY

600g plain (all purpose) flour

150g egg whites

420g fine salt

300ml water

### CORN & SEAWEED BUTTER

5 ears of corn, husk on

150g butter, diced

2 tbsp ground toasted Nori seaweed

Sea salt flakes and cracked

black pepper

100ml fish stock

Lemon juice, to taste

### SALAD

Serve with a Salad of Green Beans, Avocado & Sunflower Pesto.

For the salad recipe, visit [AQUNA.com](http://AQUNA.com)

## METHOD

1. To make the salt pastry, place all the ingredients in the bowl of a stand mixer fitted with a dough-hook attachment. Mix on a low-speed for 5 minutes or until a firm smooth dough forms, then turn out onto a lightly-floured surface and knead for 1 minute into a ball. Wrap in plastic wrap and leave to rest for 1 hour.
2. Preheat the oven to 220°C (430°F) and line a large baking tray with baking paper.
3. Unwrap the dough, cut it in half and roll out each piece to a square about 3mm thick. The squares should exceed the width and height of the whole Aquna Murray Cod.
4. Carefully place one pastry square on the prepared baking tray and position the fish in the centre. Brush the edges of the pastry with a little water, then carefully cover the fish with the second pastry sheet, crimping the two sheets together with a fork to seal the edges. Trim away any excess pastry and reroll the trimmings, shaping them as you please for presentation purposes.
5. Place in the oven and bake for 15-20 minutes.
6. To check if it's ready, insert a probe thermometer through the pastry into the thickest part of the fish. The temperature should be around 40–42°C (104–107°F) when removed from the oven.
7. Rest the fish in its pastry for about 10 minutes to reach a serving temperature of 48–50°C (118–122°F), then transfer to the centre of the table, ready for the theatrical removal of the pastry before serving! Serve the warm corn and seaweed sauce.
8. For corn and seaweed butter, bring water to the boil in a large pan over a high heat. Season liberally with fine salt. Add the corn, cover, and cook for 4 minutes, or until tender. Cool completely, then using your hands, strip the husk from the corn. Using a sharp knife, cut away the kernels from the cob. Set the kernels aside and discard the cob.
9. Toast the Nori seaweed on a gas stove top briefly by simply hovering it over the flame with a pair of tongs until it's lightly toasted. Grind this in a mortar and pestle.
10. To make the corn garnish, heat the stock and corn kernels in a saucepan until the stock is reduced by half. Add the butter, piece by piece, to the stock, swirling the pot over a low heat until the butter is emulsified. Add the seaweed powder. The sauce should be thick and shiny.
11. Season with lemon juice, pepper, and a little salt. Keep warm until ready for serving.

