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Cod with Saffron Citrus Sauce

Recipe from *Atlas* by Chef Freddy Money
Serves 4

Cod
Good thick piece of cod
Rock salt

Remove the tail and skin of the cod. Round off the edges, removing the bloodline (reserve the trims and store for stock, see page 281). Salt the fish for 5 minutes. Rinse briefly, then dry.

Roll the fish in plastic wrap extremely tightly, to make a ballotine.
Chill and allow to set for at least 3 hours, before portioning to your desired size.

Saffron-Citrus Sauce
200 grams shallots, finely chopped
450 grams fennel, finely chopped
20 grams garlic, finely chopped
Olive oil
400 grams white wine
300 grams triple sec
1.2 kilograms Fish Stock

Pinch of saffron threads
150 grams heavy cream
150 grams butter
10 grams lemon juice
Salt

Sweat the shallots, fennel and garlic in oil. Add the wine and reduce until the pan is almost dry. Add the triple sec and flambé. Incorporate the fish stock and reduce by half, then pass through a sieve. Add the saffron and cream and reduce until the sauce coats the back of a spoon.

Monté the butter: whisk small cubes in, whisking constantly to emulsify, then season with salt and lemon juice.

Garnish and serve
Olive oil
Finely grated lime zest
Shio kombu, blitzed into dust (purchase at a local Asian market)
Espelette pepper

Poach the fish portions in olive oil at 65°C for 10–12 minutes until cooked through. Check with a temperature probe and ensure the core temperature is around 45°C. To finish, brush the fish with the saffron-citrus sauce, then scatter with lime zest, shio kombu dust and Espelette pepper.

Froth the remaining saffron-citrus sauce and delicately spoon it around the fish; be generous. Serve straight away.

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