



## Cobia Confit with Herbs



Serves 4

600 g Cobia fillet  
500 ml water  
50 g salt  
1 lemon (zest only)  
2 tsp whole black pepper  
4 fresh bay leaves  
5 twigs of thyme  
400 ml olive oil

Cut the fish into 4 equally large portions.

Dissolve the salt in the water and add the fish, leave for 20 minutes.

Heat up the olive oil to approx. 80 degrees Celsius and add lemon zest and seasoning, poach for 20 minutes. Heat up the oven to 80 degrees Celsius. Pour the oil into an ovenproof dish. Put the dish in the oven for pre-heating.

Once the oil has been heated up to 80 degrees Celsius, add the fish and return to the oven. This takes between 15 and 25 minutes. Lift the fish gently out of the oil and serve.

### Shellfish stock:

1 kg of shells from lobster or scampi, or prawn heads

1 onion

1 carrot

2 cloves of garlic

3 tbs vegetable oil

1 tbs high-quality tomato purée

Use a wide pan. This will reduce the time it takes to sauté the shells. Start by putting the oil in a pan, add the chopped onion, carrot and garlic. Add the shells and sauté for 3-4 minutes on a relatively high heat whilst stirring all the time.

Add the tomato purée and fry for another 3 minutes. Pour over cold water, bring to the boil and skim off. Poach for 30 minutes for prawns, 35 minutes for scampi and 45 minutes for lobster. Strain and reduce the stock according to taste.

#### Tip

If your guests peel the prawn themselves, they might quite understandably use the prawn shell bowl to throw away rubbish as well. You should therefore take the time to remove the heads from a couple of kilos of prawns before serving and keep the “heads” for stock.

### Garnish:

16 semi-dried tomatoes

160 grams green peas

### To serve:

Bring the seafood stock to the boil, season and add the peas. Put the tomatoes in soup bowls, sprinkle the peas over the tomatoes and pour the stock over. Add the fish and serve immediately.

Compiled for Marine Farms ASA  
by the Norwegian Culinary Institute

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