



Cobia Tartare



Serves 4

200 g Cobia fillet – diced to approx. 0.5*0.5 cm

1 shallot – FINELY diced

2 tsp finely chopped chives

1 tsp garlic (finely chopped)

1 tsp finely chopped red chilli

1 tbs high-quality olive oil

Lemon juice, salt and cayenne pepper

Toss lightly, season according to taste and serve in glasses.

White asparagus:

12 white asparagus
1 litre of water
4 tbs salt
2 tbs sugar

Chop off the lowest parts of the stems. Peel the asparagus from the top down using an asparagus peeler. Bring a wide saucepan of water to the boil. Add sugar and salt. Add the asparagus and simmer for 5-6 minutes. Use a sharp knife to check whether the asparagus is tender.

Poached egg:

4 eggs
water
clear vinegar, 7 %

Bring the water for the eggs to the boil, add 1 tbs of vinegar per litre of water. Crack the eggs one by one into a ladle or small cup and gently slip the eggs into the water. The water should not boil, but be kept at a low simmer. Use a spoon to gently gather the egg white towards each yoke. Poach the egg for approx. 5 minutes until the egg white has congealed, but the yoke is still soft. Remove the eggs carefully using a slotted spoon.

Beetroot salad:

2 small beetroots
1 tbs freshly-squeezed orange juice
1 tbs finely-chopped chives
1 tbs olive oil
Salt, pepper, sugar

Peel the beet roots and grate them on an ordinary grater, add the orange juice, olive oil and chives. Toss gently and season with salt, pepper and sugar.

Mustard vinaigrette:

2 tbs of Dijon mustard
1 tbs coarse mustard
1 tbs honey
1 tbs lemon juice
150 ml sunflower oil
Salt/pepper

Put mustard, honey and lemon juice into a bowl. Pour in the sunflower oil a little bit at the time whilst whisking continuously. Season with salt and pepper.

To serve:

Arrange the cobia tartare nicely on a plate. Place three asparaguses on top and add the poached egg. Add some beetroot salad and mustard vinaigrette.

Compiled for Marine Farms ASA
by the Norwegian Culinary Institute

Jostein Medhus