



Cold-Smoked Cobia



Serves 4

500 g Cobia fillet
4 tbs sugar
4 tbs salt
5 tbs wood chips

Sprinkle the fish with salt and sugar on both sides. Cover with cling-film and leave in a cold place for 20 minutes. Rinse off the sugar and salt. Dry the fish well and place it on a rack in the smoker. Heat up the wood chips in a frying pan. Light the wood chips, stifle the flames with a lid and put the chips at the bottom of the smoker and close it. Leave the fish to smoke for approximately 15 minutes.

Dill oil:

300 ml vegetable oil (neutral-tasting oil such as sunflower oil or corn oil)
½ tps salt
1 bunch of dill (use the whole bunch, including the stems as these are also very tasty)

Put all the ingredients in a blender and purée well. Remove from the blender and put in a pan. Simmer on a medium heat for approx. 10 minutes.
Strain the oil in a fine mesh colander.
This will bring out the colour and taste which will be absorbed by the neutral oil and give a tasty, aromatic oil with a fantastic colour. Kept in the fridge, the oil will keep for several weeks.

Herb salad:

Herbs (Dill, chervil and small leaf basil)
Small leaf salad

Pluck the herb and salad leaves from their stems and rinse in cold water.
Toss the salad with dill oil, salt, pepper and lemon juice.

Egg yolk paste:

2 egg yolks
100 ml of neutral-tasting oil

2.5 tbs butter
1.5 tbs neutral-tasting oil
Salt, lemon juice, cayenne pepper

Egg yolk paste is made from egg yolks that have been poached and whisked together with butter and oil. Heat up a little bit of oil in a pan to 70 degrees Celsius and remove from the heat, separate the eggs and add the yolks to the hot oil. Put the pan in the oven on 70 degrees Celsius until the yolks are poached. (The yolk should have the same texture as an egg that has been boiled for 8 minutes). Lift the yolks out of the oil and put them in a blender. Purée with room temperature butter and oil. Add salt and cayenne pepper to taste. It should taste like yoke with butter on. Put the paste in an icing bag and place in a cold place, bring to room temperature before applying.

To serve:

Place the fish on a plate together with the herb salad and a few slices of apple. Pipe the egg yolk paste over the fish.
Drizzle with dill oil before serving.

Compiled for Marine Farms ASA
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