



Pickled Asian Cobia



Serves 4

500 g Cobia fillet (belly fillets are good here)
100 g ordinary salt
200 ml rice vinegar

Cover the fish with salt on all sides, leave for 10 minutes. Rinse off the salt in cold water and place directly in rice vinegar. Leave the fish in the vinegar for 15-20 minutes, remove and rinse gently in cold water and dry well.

Fry the fish in a hot frying pan for 30 seconds on each side, serve immediately.

Cauliflower cream:

300 g cauliflower, cut into smaller pieces
200 ml double cream – reduce to 100 ml
1-2 tbs unsalted butter
Salt/cayenne pepper/lemon juice

Cook the cauliflower in water until tender. Change the water twice, cook until tender the third time. Strain well in a colander. Put in a blender and purée well with the reduced cream and butter. Season gently with cayenne pepper, salt and lemon juice.

Soy butter:

3 tbs soy sauce
1 ½ tbs lightly browned butter
2 tsp finely chopped shallots
2 tsp finely chopped leaf parsley
A dash of lime juice.

Carefully heat up the soy sauce and browned butter (DO NOT BOIL)
Add the rest of the ingredients and season to taste.

Garnish:

Small cauliflower bouquets, lightly fried in butter on medium heat together with finely chopped garlic, season with salt/pepper/a dash of lemon juice.

Pomegranate seeds – Remove the seeds from a few ripe red pomegranates, only use whole, red seeds.

To serve:

Spoon out a large spoonful of cauliflower cream onto each plate and place the fish on top. Sprinkle the fried cauliflower bouquets and pomegranate seeds around the fish and add a dash of soy butter.

Compiled for Marine Farms ASA
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