



COD

SALMOREJO WAY

PREPARATION

To prepare the Salmorejo put all the ingredients in a blender and mix until you have a thick puree. Keep at room temperature...DO NOT CHILL.

Place the ham two pieces of parchment paper and cook for 110-12 minutes @170° until crisp.

For the pastry ring, half the pastry long ways and brush with the olive oil, then fold it one time. Take the other two halves and hold them together creating a ring. Cook in a hot oven until brown.

Poach the Quail eggs for two minutes and the chill in ice. Boil the new potatoes then mash up with a fork, season and fold in the spring onions & keep warm. Cook your cod skin down for 4 minutes in a hot pan then put it in the oven 250° for 4 minutes more. At the same time cook the Tuna fillet (medium) and cut into chunks.

Assemble the Dish

On a pasta plate place the crispy ring in the centre, filled up with the warm crushed potato. Arrange the Quail eggs (three per portion), and three chunks of Tuna on top. The cod loin is the placed on top and scatter the crispy ham around the dish.

Finish he dish by pouring the Salmorejo around and place some micro mezclum on top and drizzle Extra Virgin Olive Oil.

INGREDIENTS

- 4 Cod Loins skin on, 200 gr each.
- 1 Tuna fillet
- 400 gr New Potatoes
- 80 gr Spring Onion
- 20 ML Extra Virgin Olive Oil
- Salt & Pepper
- 4 Rashers of Jamon Serrano
- 12 Quail Eggs
- 4 Sheets of Spring Roll Pastry
- Micro Mezclum & Extra Virgin Olive oil For Decoration

For the Salmorejo

- 6 very ripe Pera Tomatoes
- 1 Green Pepper (skin off)
- 4 cloves of Garlic
- 3 Slices of White bread soaked in White Wine Vinegar
- Pinch of Salt & Pepper
- 60 ml Virgin Olive Oil