

## Pan-seared cod A l'Antiboise with preserved lemon



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Serves 6

Ingredients:

- 1 Cod 2.8 to 3 kg
- 6 mini fennels
- 6 courgette flowers
- 2 lemons
- 6 spring onions
- 3 violet artichokes
- 140 g onion
- 40g carrot
- 1 slice of smoked belly bacon
- 2 cloves of garlic
- ½ litre of vegetable stock
- 1 red capsicum pepper
- 1 courgette
- 1 aubergine
- 50 g black olives
- 50 g grated parmesan
- 1.5 dl single cream
- 50 g butter
- 20 cl olive oil

### Recipe :



Scale, filet and bone the cod, cut into portions and reserve in the refrigerator.

Cut the lemon into quarters and blanch them 3 times. Preserve the lemon quarters in a 30° syrup with a sprig of dried fennel and 2 star anise for 2 hours. Reserve.

Turn the violet artichokes and reserve in water with lemon juice. Peel and wash 40 g onion, 40 g carrot and 2 cloves of garlic. Slice the carrot and onion into rounds.

Sweat off the carrot, onion, garlic and smoked belly bacon in olive oil; add the violet artichokes then deglaze with the white wine, reduce and add the vegetable stock, season with salt, add a sprig of thyme and leave to cook. Test the extent of cooking by placing the tip of a knife into the heart of the artichoke. Remove from heat and reserve.

Delicately wash the courgette flowers and remove the pistils.

Cut the courgette, aubergine, capsicum and onion into fine brunoise.

Sauté the vegetables separately in olive oil then mix them together and cook until lightly stewed, season with salt and pepper.

Remove from heat and leave to cool, add the chopped black olives and the grated parmesan.

Stuff the courgette flowers with the mixture using a piping bag and bake in a small amount of vegetable stock and olive oil at 160°C for 20 minutes.

Wash and peel the minis fennels using a vegetable peeler. Braise in vegetable stock and olive oil, season with salt and pepper and reserve once cooked.

Wash and griddle the spring onions. Brown the preserved lemon quarter and reserve.

Remove the artichokes from the stock and reduce by half, add the cream and reserve in a warm place.

Fry the cod portions in a non-stick pan skin-side down in a small amount of olive oil and finish cooking under a salamander grill.

Dress the cod on plates, with the crispy skin facing upwards, garnish with a stuffed courgette flower, a mini braised fennel, the griddled spring onion, a preserved lemon quarter and half a violet artichoke.

Add 50 g of butter to the sauce heat and emulsify in a blender.

Dress the sauce around the fish, sprinkle with fleur de sel sea salt crystals and serve.

Wine suggestion: White Côte de Provence, 2005, Clos Saint Joseph, Domaine Sassi