



Cod and Truffles

4 cod fillets, skin on, about 150 g
(5 oz) each
sea salt
olive oil

50 g (1 ½ oz) fresh truffle

1 dl (½ cup) fish bouillon
50 g (3 ½ tablespoons) cold un-
salted butter
juice of ½ lemon
1 dl (⅓ to ½ cup) olive oil
salt

1. Place the cod in a glass dish and sprinkle with sea salt. Marinate for about 30 minutes. Rinse off the salt and dry the fish with paper towels. Sauté the fish, skin side down, in a little olive oil for 12 to 15 minutes in a nonstick pan over low heat. Sauté only on the one side.
2. Cut the truffle into thin slices with a mandoline. Set aside 8 to 12 perfect slices. Finely chop the rest.
3. Bring the bouillon to a boil (Note: The quality of the sauce is determined by the quality of the bouillon.) Beat the cold butter into the boiling bouillon in pats. Add the lemon juice, olive oil and finely chopped truffle and beat with an immersion blender until emulsified.
4. Arrange the fish, skin side up, on heated plates. Loosen the skin from the meat.
5. Insert truffle slices under the edge of the skin. Sprinkle with a little salt.
6. Just before serving, beat the sauce with an immersion blender until frothy. Pour the sauce around the fish. Serve with buttered tiny asparagus and riced almond potatoes enriched with olive oil.
7. Make sure that the cod fillets are thick, preferably from large cod weighing 5 to 7 kg (10 to 15 lb). The fillets should be cut from the neck or center of the fish. Pieces from the tail are not suitable for this dish, because they have completely different texture.



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