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by Liz Robb

Zesty Cod Loin with Bubble and Squeak

Ingredients

For the fish:
4 thick pieces of cod loin, about 200g each
30g butter
Salt and freshly milled black pepper
For the sauce:
1 shallot
1 clove of garlic
30g butter
60ml vegetable stock
284ml pot of single cream
1 lemon
2 sprigs of tarragon
Salt and freshly milled black pepper
For the bubble and squeak:
450g potatoes
150g white or savoy cabbage
1 large leek
1 white onion
50g butter
2 tablespoons of olive oil
Salt and freshly milled black pepper
1 egg

Servings
4
Person

Preparation

1. For the bubble and squeak: - Peel the potatoes and cut them into chunks. Cook them in boiling water for about 15 minutes, until they are tender, then drain and allow to steam dry for a few minutes. Next, mash the potatoes in a large bowl until really smooth.
2. - Meanwhile, chop the cabbage quite finely and slice the leek thinly, and steam both together for just 2-3 minutes.
3. - Peel and finely chop the onion. Melt half of the butter and a tablespoon of olive oil together in a large frying pan and cook the onion over a fairly low heat for about 5 minutes, until it is soft and just beginning to brown, then stir in the steamed cabbage and leek and cook together for a minute or two.
4. - Add the cooked vegetables to the mashed potato and mix well together, then season with salt and black pepper. Allow it to cool for a few minutes then beat the egg and stir in just enough beaten egg to bind the mixture together without making it sloppy
5. I only used half the egg.
6. - Just before the fish is ready to serve, wipe out the large frying pan and heat the remaining oil and butter. Form the bubble and squeak into four thick, round “cakes” with your hands and cook them for a few minutes on each side in the hot pan, so that they are heated through and brown, crispy bits form on the outside. [You may need to cook them in 2 batches and possibly add a little more butter and oil.]
7. For the fish:
8. - Preheat the oven to 180 degrees, 160 degrees fan oven. Make sure that any bones have been removed from the cod loins.
9. - Line a roasting tray with foil and dot the butter onto it, then place in the oven to heat the pan and melt the butter. Put the fish flesh side down in the pan to coat it in the

melted butter, then turn it over so that it is skin side down. Season the cod fillets with a little salt and black pepper then bake for 12-14 minutes, depending on the thickness of the fish.

10 For the sauce:

11 - Peel and very finely chop the shallot and peel the clove of garlic. Melt the butter in a saucepan and sauté the onion and crushed garlic over a low heat for 3-4 minutes, to soften but not brown.

12 - Stir in the hot vegetable stock and then the cream. [I used reduced fat single cream without affecting the flavour or thickness of the sauce.] Simmer gently, stirring, for about 10 minutes.

13 - Remove the leaves from the tarragon stems and chop finely. Add to the sauce, then stir in the juice of the lemon. Continue to stir and cook gently for a further 5 minutes then season to taste with salt and black pepper.

14 To plate the dish, place a bubble and squeak cake in the bottom of the dish, carefully lift the fish onto the bubble and squeak then pour sauce into the dish around the edges. Garnish with a little more finely chopped tarragon and serve immediately.

Cooks Note

This is a dish very similar to one that I ate recently in a little local restaurant, and I enjoyed it so much that I had to rush home and try to recreate it!

The cod steak is soft, moist and meaty, roasted in the oven in butter until it just flakes apart, the bubble and squeak beneath is filling and tasty with a bit of crunch, and the lemon and tarragon sauce is creamy and tangy; a delicious combination!

Serves 4.