



Roasted cod with chickpea,
pimperade & rocket pesto



Roasted cod with chickpea, piperade & rocket pesto

INGREDIENTS:

Serves 4

Roasted chickpeas	3g garlic	4g tomato paste	286g plum tomatoes
64g chickpeas	2-3g salt	4g kombu	171g red peppers
27ml olive oil	0.5 lemon	40ml oil	171g yellow peppers
1g garlic powder	Vegetable demi-glace	1000ml water	43g onion, peeled
1g salt	170g aubergine	0.1g xanthan gum	5-6g garlic, peeled
1g smoked paprika	180g cauliflower	1-2g salt	7g thyme
1g ground cumin	20g celery	1g pectin	1 bay leaf
Cod	60g carrot	Rocket pesto	29g veg demi-glace
440g cod loin	20g beetroot	27g pine kernels	1g salt
20g maldon salt	24g chestnut mushrooms	53g rocket	To plate
Chickpea puree	80g celeriac	80ml olive oil	60g rocket
16g tahini	40g broccoli	2-3g garlic	120g chickpeas
144g chickpeas	50g onion	1 pinch salt	4g roasted chickpeas
160ml olive oil	24g garlic	Piperade	

METHOD:

1. Roasted chickpeas; preheat oven to 180°C. Drain and dry on a cloth, rub to remove most of the skins. Mix all ingredients together and bake for 45 mins or until crispy, shake every 15 mins.
2. Prepare the cod; remove all bones and skin. Sprinkle with the salt and place in the fridge for 20 mins. Clean the salt off of the cod with cold water, dry with a clean cloth. Wrap the fish tightly in cling film. Place in the fridge for at least 3 hours or overnight. Cut into 110g portions. Remove the cling film and cook in the oven at 100°C on baking parchment to a core temp of 50°C.
3. Chickpea puree; blend all ingredients except the oil together until smooth, continue blending and incorporate the oil. Pass through a chinois.
4. Vegetarian demi-glace; preheat oven to 160°C. Slice all of the vegetables thinly, mix with the tomato paste, oil and kombu, transfer to a roasting tray. Roast in the oven for 45 mins, stirring every 15 mins. Add the water to the tray and return to the oven for 30 mins. Strain the stock into a saucepan and reduce to a sauce consistency. Mix the pectin, salt and xanthan gum then blend into the stock with a hand blender, return to the boil and then pass through a chinois.
5. Rocket pesto; toast the pine nuts in the oven at 180°C until lightly golden brown. Remove from the oven and allow to cool completely. Blend everything together to a paste. Check seasoning.
6. To make the piperade; scorch the skins of the peppers, place in a bowl covered with clingfilm. Peel and slice the peppers into 5mm strips. Blanch, refresh and peel the tomatoes. Thinly slice the onion and crush the garlic. Heat the oil in a pan over a medium heat and add the onion, garlic and salt. Cook gently until soft. Add the pepper and cook for 2 minutes. Add the tomato and herbs and bring to a simmer. Blend the pepper skins, tomato skins and seeds and pass through a chinois into the pan. Cook until the tomatoes have broken down, this should take 15-20 mins. Stir the vegetarian demi-glace through.
7. To plate the dish; warm the chickpeas in a little water and olive oil, season. Ensure everything is hot except the pesto and crispy chickpeas. Spread a layer of the chickpea puree onto the plate, spoon the chickpeas over. Add the piperade to the plate and top with the cod. Spoon the pesto around the cod. Finish with the crispy chickpeas and rocket leaves.