

Roast Cod with Creamy Garlic Mash and Cavolo Nero

(Serves 2 – just up amounts for more people)

This is a winter fish dish brimming with flavour. It is based on The Larder's Cornish cod fillets (or other firm white fish fillets) and dark green Cavolo Nero.

Cavolo Nero - meaning Black Cabbage in Italian - belongs to the cabbage family. Native to northern Italy, this delicious leaf vegetable is now successfully grown in the UK and the Cavolo Nero on offer at The Larder is locally grown. Traditionally considered ready for harvesting after the first nights of frost, the almost blackish green leaves have a fantastic deep flavour. Cavolo Nero retains a real bite even when cooked for a long time, making it a lovely, meaty vegetable to throw into casseroles and soups.

Here the strong green leaves are going to be given an Eastern twist, despite their Italian origins, to make a delicious salty accompaniment to the mild cod and creamy mash.

1. Pre-heat the oven to 200°C/gas mark 6.
2. Heat the milk or cream over a low heat – don't boil.
3. For really tasty mash, boil the potatoes unpeeled together with a few whole garlic cloves until the potatoes are soft. Drain and peel potatoes and garlic (the garlic will just slip out of its skin) wearing thick rubber gloves to protect your hands from the heat.
4. Pour a couple of tablespoons of olive oil together with the butter in a roasting tin and put in the hot oven for 1-2 minutes until the fats bubble.
5. Season the cod fillets with sea salt and freshly ground black pepper. Put the fish skin side down in the hot pan and return to the oven for a minute or two. Remove the pan, turn the fish fillets over and return to the oven to roast for 7-8 minutes until the flesh is opaque and is just about ready to separate into glossy flakes. Too long and the fish will be dry.
6. Mash the cooked potatoes and garlic with a masher or put through a potato ricer. Return to a very low heat.
7. Add the butter and then the hot (but not boiling) milk or

INGREDIENTS

- 2 x 200g piece cod fillet
- 450g/1 lb floury potatoes
- 2-3 large garlic cloves
- 55g/2 oz butter
- 55ml/2 fl oz hot cream or milk
- Bunch of Cavolo Nero leaves
- 2 tablespoons olive oil
- 2 tablespoons sunflower oil
- 25g butter
- Maldon sea salt
- Freshly ground black pepper
- Chopped fresh rosemary

cream using a wooden spoon and give the mash a few vigorous beatings until it's nice and fluffy. Season to taste. Keep warm while the fish is roasting and move on to the Cavolo Nero.

8. Rinse and pat dry the Cavolo Nero leaves. Cut into strips.

9. Heat two tablespoons of sunflower oil in a thick cast iron pan. Add the shredded greens – it will spit and splash a bit. Move around the hot pan for 3 or 4 minutes, then add a few generous splashes of dark soy sauce.

10. Serve the roast cod with the garlic mash and a helping of dark, salty Cavolo Nero.

Recipe provided by www.cambridgecookeryschool.com