



Caper and Lemon Infused Norwegian Cod with Troll Smoked Salmon and Prawn Spring Rolls, Sautéed Jerusalem Artichoke and Baby Spinach along with a Norsk Bloody Mary Sauce

Method:

Garnish Cut thin strips out of the Nori. Brush lightly with water. Wrap around a glass which has been wrapped in plastic, leave to dry. Deep fry capers and leave on a piece of tissue paper to dry.

Fish Seal fish on skin side. Place fish on individual foil squares. Zest lemon and juice, dividing between all four. Scatter with capers and chives, olive oil and salt and pepper. Wrap the fish up and place in oven at 200°C, roast for 12-15 minutes.

Spring Roll Chop prawns, flake Salmon, chop coriander, finely slice the spring onions. Mix together and season. Egg wash spring roll sheets. Make 8 very thin, long springrolls. Fry till golden in preheated oil.

Vegetables Parboil Jerusalem Artichokes. Peel Jerusalem artichokes and slice thinly. Squeeze a bit of lemon juice on them to prevent them going brown. Clean spinach and finely chop garlic. In a hot pan sauté all ingredients off with the butter, season to taste.

Sauce Reduce tomato juice. Add Vodka and 1/2 tomato concase.

Presentation On four clean warm plates, Pour a line of bloody Mary sauce. Place 2 spring rolls on top. Place some spinach mix between springrolls. Place the fish on top. Place Nori circle on top of cod, standing up, place a bit of spinach mix on the bottom of it to keep it stable. Place a prawn and tomato concase on top of that. Drizzle rocket oil around plate. Sprinkle a few deep fried capers around for added interest.

Ingredients for 4:

Fish

4 150g Norwegian Cod portions

2 lemons

8 Capers

Bunch of Chives

2 tbs Olive Oil

Salt and Pepper

4 Sheets Tin Foil

Spring rolls

150g Troll Hot Smoked Salmon

100g Prawns

2 Spring Onions

Bunch Coriander

Salt and pepper

1 egg

8 Sheets Spring Roll Pastry

1L Oil

Vegetables

1 Packet Baby Spinach

4 Pieces Jerusalem Artichoke

2 Cloves Garlic

Salt and Pepper

40g Butter

1 Lemon

Sauce

2 Bottles Big Tom Tomato Juice

1 Tot Smirnoff Norsk Vodka

1 Plum Tomato, Concase

Garnish

12 Capers

2 Nori Sheets

100ml Rocket Oil

4 Prawns

1 Plum Tomato, Concase