

Levan x StreetSmart cook-along: 29th January 2021
Herb-crusted cod or herb crusted hispi cabbage, smoked butter sauce
Serves two

Ingredients

For the cod

2x fillets of cod, skinned (approximately 130 – 150g each)
A pinch of fine sea salt
A few sprigs thyme

For the hispi cabbage

1 hispi cabbage, outer leaves removed, sliced in half lengthways
A pinch of fine sea salt
A few sprigs thyme
A knob of butter

For the herb crust

100g parmesan, finely grated
50g pine nuts
50g panko breadcrumbs
50g parsley leaves
30g basil leaves
20g mint leaves
Zest of 1 lemon
1 tbsp olive oil
Sea salt and black pepper

For the butter sauce

1 banana shallot, finely chopped
1 large clove garlic, finely chopped
120ml white wine
A few black peppercorns
60g white wine vinegar
100g cold butter, 1cm dice
40g / 1 tbsp crème fraîche
5g / 1 tsp finely chopped chives
A pinch sea salt (smoked, if you can get it)

To serve

Blanched purple sprouting broccoli
Lemon juice and olive oil for dressing the fish
Roast or boiled potatoes – we are using ‘hasselback’ Charlotte potatoes, scored on one side then roasted with olive oil, thyme and salt.

**We've got your playlist for the evening sorted
too!**



**Scan this QR code to find a Spotify playlist of
classic Larry Levan Paradise Garage tunes.**

Method

First, make the herb crust. In a food processor, pulse together all the ingredients to form a rough dough. It should be firm enough to hold together in clumps, but still retaining some texture; not too smooth. Check the seasoning and turn out onto a work surface and bring together with your hands. Roll out between two pieces of baking parchment 3mm thick. Keep the crumb between the baking parchment and set aside in the fridge.

Preheat the oven to 180 degrees C.

If using cod, season the fish all over with the salt, and lay on top of the thyme on a non-reactive plate or container. Put a few thyme leaves on top too. Set aside at room temperature for up to 1 hour, then use a piece of kitchen towel to wipe off excess moisture and salt.

Now prepare the sauce. Sweat down the onions and garlic with a little butter, salt and oil. You want them softened but not coloured at all. Add the wine and vinegar, and bring to a simmer, then reduce by two-thirds. Make sure the butter is diced and cold.

At this point, you are ready to either cook the fish OR cook the cabbage.

If using fish: Remove the herb crust from the fridge and cut out a piece that will fit the cut side of your fish fillet. Peel off the parchment paper and place the crust on the fish. Put the fish on a baking tray and place it in the oven for approximately 6-8 minutes, depending on thickness.

If using cabbage: Preheat a skillet pan over a medium high heat with a little oil. Remove the herb crust from the fridge and cut into two pieces roughly the same size as the cut face of the cabbage. Season the cabbage, then place cut side down in the pan. Sizzle for a minute or two, before adding a knob of butter and few sprigs of thyme. When it starts to foam, turn the cabbage over and baste the cut side with butter. Remove the paper from the herb crust and lay it over the cut and seared side of the cabbage. Place in the oven for 6-8 minutes.

Meanwhile, with the shallots / wine reduction on a very low simmer, start to whisk in the knobs of butter, one by one. Don't add too much at once or the mix could split. Make sure you keep whisking as the butter just melts in, to avoid the sauce splitting. If it does start to split, whisk in a little boiling water, which should bring it back. Continue adding the cubes of butter. Once all the butter is incorporated, add the crème fraiche, the chives and (smoked) sea salt. This should take 6-8 minutes. Set aside and keep in a warm place until you are ready to use.

When the fish is cooked and/or the cabbage is tender – with the crust starting brown and bubble a little, remove from the oven and set aside to plate up. Place either the fish or the cabbage on a serving plate, with the sprouting broccoli next to it, dressed in olive oil, lemon juice and seasoned with salt. Spoon the sauce over the fish and broccoli, so it coats most of the broccoli and pools onto the plate.