

THE OPPOSITES ATTRACT EACH OTHER



INGREDIENTS FOR 4 PERSONS

- 800g soaked cod fillet
- 300g hulled dried grass peas
- 0,7g Wild Fennel Pesto
- 300g “camone” tomatoes
- 100g Red Onions Based on Cipolla Rossa di Tropea IGP
- 150g rice flour
- 5g Sea Salt Flakes
- 5g sugar
- 100g celery
- 100g carrot
- 50g scallion
- 3g pea sprouts
- 150g Extra-Virgin Olive Oil

METHOD

- Soak the hulled dried grass peas for about 3 hours.
- Prepare the sauté base by cutting celery, carrots and scallions, sauté with 0.50g EVO oil and add the previously soaked dried grass peas.
- Cook the ragout of dried grass peas for 40 minutes and at the end add half of the wild fennel pesto and blend everything by adjusting the salt.
- Cut the cod fillet into 4 parts and bread them in rice flour; in a frying pan put 100 grams of oil and brown the fillets and then put them in the oven for 2 minutes at 180°.
- Cut the “camone” tomatoes into concassé and pan-roast them quickly; when cooked, sprinkle with sugar.
- Cut the Tropea onion into a ju-lienne and fry-pan them with a drizzle of EVO oil.

finishing and presentation

- Place the peas cream on the base of the dish, add the concassé of tomatoes, continue with the cod fillet and finish the dish by placing the julienne Tropea onions.
- Top the dish with drops of wild fennel pesto and edible flowers.

PRODUCTS IN THIS RECIPE



Wild Fennel Pesto



Red Onions Based on
Cipolla Rossa di
Tropea IGP



Sea Salt Flakes



Extra-Virgin Olive Oil