

# Roasted Cod with Parsnip Puree & Chanterelles



**Serves 4    Prep 20 mins**

**Cooking 1h**

**Easy**

## Ingredients

### Parsnip puree

6 large peeled & chopped parsnips  
1 fresh bay leaf  
2 tbsp raw honey  
1/4 tsp of salt  
2 cups water  
4 tbsp butter, diced

### Mushrooms

350-400g cleaned chanterelles or girolles

### Cod

4x 170g portions skin-on cod  
3 tbsp butter  
3 sprigs fresh thyme  
pinch salt  
2 tbsp vegetable oil

## Parsnip puree

1. In a medium saucepan, combine all the ingredients except the butter and simmer for up to an hour, until parsnips are tender.
2. Strain the parsnips, reserving half a cup of the cooking liquid. Using a food processor, puree the parsnips and butter until smooth, adding reserve liquid if needed. Keep puree warm.

## Cod

1. Add 2 tbsp of vegetable oil to a large sauté pan on a medium heat.
2. Season the fish and add to the pan, skin down for 3 - 5 mins over a medium heat, basting with vegetable oil.
3. Add 2 tbsp of unsalted butter and fresh thyme.
4. Continue to baste for 2 -3 mins until skin is crisp and golden brown; using a fish slice, carefully flip fish over; cook for 1 - 2 mins.
5. Remove fish from pan and serve skin side up.

## Mushrooms

1. In a large sauté pan over medium heat, add 2 tbsp of diced unsalted butter
2. Once butter is foaming add mushrooms and sauté 3 - 4 mins.
3. Serve with cod and parsnip puree. If you have some leftover gravy, this would be a very nice accompaniment.