

Roasted Cod with Walnut, Lemon & Parmesan Crust



Serves 4

Prep 25 mins

Cooking 45 mins

Easy

Ingredients

1 whole skinless cod fillet, ± 700g
(or individual fillets ± 180g each)
olive oil for greasing
lemon wedges to serve

For the crust

75g butter
75g walnut pieces
75g fresh breadcrumbs
grated zest of a large lemon
75g grated Parmesan
salt & pepper

For the parsley sauce

500ml fish stock
200ml half-fat crème fraîche
small bunch parsley, chopped

1. First make the walnut, lemon and Parmesan crust. Chop the butter into small cubes and put into a food processor. Add the walnuts, breadcrumbs, lemon zest, 2/3 of the Parmesan and some salt & pepper, then whizz everything until the mixture binds together.
2. Check the cod for pin bones, removing any you find with a pair of tweezers. Lay the fillet on a lightly oiled non-stick roasting tray, skin-side down, and season. Spread the crust mixture in an even layer over the top of the fish. Chill for 20 mins until the crust feels firm.
3. Preheat the oven to 200C/ 180 Fan/ Gas 6. Sprinkle the remaining Parmesan over the top of the crust, then roast the cod for 20-25 mins until the crust turns golden and crisp and the fish is just cooked.
4. Meanwhile, prepare the sauce. Pour the stock into a small saucepan and bring to the boil. Cook over a high heat for about 10 minutes until reduced by 2/3. Off the heat, whisk the crème fraîche into the reduced stock. Return to a low heat and simmer for 5-10 minutes until you have the consistency of a light pouring cream.
5. Add the parsley just before serving and adjust the seasoning to taste. Transfer the cod to a serving platter and pour over the sauce. Serve with lemon wedges on the side.