



Culinary delights

 with

PALM OIL

Confit of cod infused in Illyquore oil



Illyquore espresso liqueur: three distinctly bold, yet wonderfully complementary flavours captured in the essence of a bottle. Rich warm coffee blended smoothly into the bitter fragrance of dark chocolate is infused with just the slightest hints of vanilla bean and tobacco. Cooked into fresh, flaky cod-fillets, this liqueur makes for absolute perfection in this recipe for gourmet dining.

INGREDIENTS



For dill yoghurt

- 480 ml olive oil
- 100 g fennel fronds
- 2 sprigs fresh Italian parsley, stalks only crushed
- 2 tbsp Illyquore liqueur
- 100 g x 4 pieces cod fillets, skinned
- 8 baby kipfler potatoes, boiled until cooked
- Tomato salsa
- Basil fritti
- Palm oil for deep frying

METHOD



Preheat oven to 180°C. Place olive oil, fennel fronds, parsley stalks and liqueur into a stainless steel bowl that is big enough to hold the four cod fillets. Set bowl on a baking tray and place in oven for 10 minutes. Do not let the oil come to a boil. Remove onto table. Pat the cod fillets dry with a paper towels and gently place the four cod fillets back into the bowl. Cover with a metal tray, or a piece of aluminium foil. Leave aside for 10- 12 minutes until the fish is completely cooked through.

Meanwhile, prepare the garnishing on the sewing plates as follows:

Fry twelve tempura batter-coated basil leaves in palm oil. Season boiled potatoes with salt flakes and a twist of the black pepper mill, then place two potatoes on each plate. Check the fish to see if it is cooked, but be gentle as the fillets will be very flaky. They may also appear transparent, but this is not a cause for alarm as the fillets will be cooked.

Place the cooked fish fillet atop of the potatoes. Top with some tomato salsa and crisp basil fritti, before serving.