

Cape Cod 'By Way of Alaska'



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 12

Ingredients:

Cape Cod Marinade:

12 oz. orange juice concentrate

5 oz. water

2 oz. parsley stems, chopped

4 oz. vegetable oil

1 Tbsp. garlic, fresh, minced

4 tsp. Kosher salt

Poached Alaska Cod:

4 lbs. Alaska Cod fillets, 4 to 5 oz. ea.

24 oz. Cape Cod Marinade

Cranberry-Orange Salad:

16 oz. oranges, peeled, segmented

10 oz. cranberries, dried

6 oz. fennel, shaved

4 oz. arugula

½ cup dill, fresh

Cranberry Vinaigrette:

4 ½ oz. vegetable oil

3 oz. cranberry juice concentrate

2 oz. rice vinegar

2 oz. cranberries, frozen

½ oz. ginger, fresh, minced

Kosher salt, to taste

Assembly:

1 ea. poached Alaska Cod fillet

1 ea. brioche bun

3 oz. Cranberry-Orange Salad

1 oz. Cranberry Vinaigrette

Description:

Cape Cod Marinade:

1. Combine all ingredients in a food processor. Pulse to finely chop parsley. Run food processor for an additional 30 seconds to combine. Yield: approx. 24 oz.

Poached Alaska Cod:

1. Place cod fillets in a plastic bag or hotel pan. Pour marinade over fish and refrigerate.
2. After 2 to 12 hours, drain cod. Reserve marinade.
3. Place cod fillets in a single layer in 2" baking or hotel pan(s).
4. Pour enough marinade over fish to just cover, adding water or white wine if necessary.
5. Poach cod for 8 minutes, or until internal temperature reaches 145°F.
6. Gently remove fish from baking pan(s) and place on a sheet pan to cool. Refrigerate. Discard poaching liquid.

Cranberry-Orange Salad:

1. Combine all ingredients in a large stainless steel bowl. Toss to combine. Refrigerate. Yield: approx. 36 oz.

Cranberry Vinaigrette:

1. Combine all ingredients in a blender. Pulse blender to purée frozen cranberries. Blend for 30 additional seconds to emulsify dressing.
2. Season to taste with kosher salt.
3. Pour dressing into squeeze bottles and refrigerate. Yield: approx. 12 oz.

Assembly:

1. Place poached cod fillet on a pie plate in hot oven and reheat for 2 minutes.
2. Open bun and toast on the griddle or under the broiler.
3. Toss salad in a small stainless steel bowl with vinaigrette.
4. Assemble each sandwich in this order: Place cod fillet on toasted bun bottom. Arrange dressed salad on top of cod fillet. Lean bun crown against salad.