

Golden Cod with Creamy Potato and Leek Ragout



Preparation Time: 40 minutes

Cook Time: 45 minutes

Servings: 4

Ingredients:

POTATO & LEEK RAGOUT:

1/2 cup fish stock (or chicken broth)

1/4 cup leeks, washed and cut in strips

1/4 cup thinly sliced white onion

12 oz. Russet potatoes, peeled and cut crosswise into 1/4-inch thick slices

Salt and Pepper, to taste

2 Tablespoons chopped chives

VICHYSSEOISE SAUCE:

2 Tablespoons olive oil

1 Tablespoon each chopped: onions, celery and leeks

1 Tablespoon peeled and cubed Russet potato

1 clove garlic, smashed

1 small bay leaf

1 1/2 teaspoons fresh thyme leaves (or 1/2 teaspoon dried)

1 1/2 teaspoons chopped fresh rosemary leaves (or 1/2 teaspoon dried)

1 whole black peppercorn

3 Tablespoons dry white wine

2 teaspoons tomato paste

1½ cups fish stock (or chicken broth)

½ cup heavy cream

1½ Tablespoons Beurre Manie (equal parts flour and softened butter, mixed to a smooth paste)

1 teaspoon lemon juice

1½ teaspoons chopped chives

COD:

2 Tablespoons each butter and olive oil

4 Alaska cod fillets (6 oz. each)

Salt and Pepper, to taste

2 julienne-sliced leeks

2 Daikon sprouts (or microgreens)

Description:

POTATO & LEEK RAGOUT:

Add the fish stock to a saucepan; layer on leeks, onions and potato slices. Bring to a boil, and then reduce heat to medium-low and cook covered, until potatoes are cooked, about 10 to 12 minutes. Season with salt and pepper; sprinkle on chives. Remove from heat; cover and keep warm.

VICHYSOISE SAUCE:

1. Heat olive oil in a saucepot; stir in onions, celery, leeks, potato, garlic, bay leaf, thyme, rosemary and pepper. Sauté until vegetables are soft, about 3 to 4 minutes.
2. Add wine and cook until volume is reduced by half. Whisk in tomato paste and then fish stock. Bring to a boil, reduce to simmer, and then cook until reduced by half. Stir in cream; heat through. Pour sauce over a fine strainer into another pan.
3. Whisk in Beurre Manie and cook additional 1 to 2 minutes, until sauce thickens. Turn off heat; stir in lemon juice. Cover and keep warm, adding chopped chives just before serving.
- 4.

COD:

1. Heat butter and olive oil in a pan over medium-high heat. Season Alaska Cod with salt and pepper; add fish to pan, presentation-side down. Cook until golden brown on both sides.
2. To serve, divide vegetables among 4 shallow bowl plates; pour on sauce. Top with fillets; garnish cod with leeks and sprouts.

Recipe developed by Princess Cruises.