

The Samuel Fox Country Inn

Comfortable rooms, fine food, real ales and a warm welcome



Roast cod fillet on a casserole of clams

Ingredients – yields four

600g	fresh cod fillet, skin on	50g	celery
1 tbsp	rock salt	50g	celeriac
50ml	pomace oil	50g	fennel
20g	unsalted butter	50g	onion
1	lemon	3	garlic cloves
800g	clams	sprig	thyme
150ml	dry white wine	bunch	chives
50g	carrot	200ml	double cream



Equipment required

Peeler

Paring knife

Cooks' knife (around 20cm)

Disposable all purpose clothes (Jay clothes) for drying the fish

Heavy, deep saucepan with lid (around 25cm diameter)

Non stick frying pan with metal handle (suitable for placing in a hot oven)

Metal sieve

Large tray, around 10cm deep

Method

Preparing the clams

The day before, soak the clams in cold salted water over night to clean and purge them.

The next day pour the clams into a colander and wash with cold fresh water. Check each clam is tightly closed. If it is open or broken then discard.

Soak the cleaned clams again in cold water and put in the fridge until required.

The clams will now be free of any dirt and sand that can ruin the dish.

Preparing the cod fillet

Take the cod fillet remove any pin bones and sinew. Then take a tray and lightly sprinkle rock salt onto the tray.

Lay the cod fillet on top and sprinkle some more rock salt on the flesh side.

Cover the salted cod fillets with cling film and refrigerate for one hour. This will remove excess moisture and firm up the flesh for cooking.

After an hour remove from the refrigerator and wash gently under cold water and pat dry with a clean cloth.

Cut the cod fillet into neat 150g pieces, then place on a cloth on a plate until required.

Preparing the casserole

Wash and peel the carrots, celery, celeriac, onions and dice the vegetables into 1cm cubes.

Put a deep, heavy pan on a hot stove and add half of the pomace oil. When the oil is hot, add all the vegetables then, add the whole garlic cloves with the thyme.

The garlic cloves may be removed later but for the moment these need to sweat with the vegetables to give flavour.

Add a pinch of salt then add the white wine.

Add the clams, cover with a lid tightly and steam the clams until they open.

When the clams are open remove the pan from the heat and pour the contents out onto a deep tray to cool quickly, preferably in a draught. As they cool start to remove the clam flesh from the shells.

Discard the shells and put the clam meat back in with the vegetables and wine.

Then drain off the liquid from the tray back into the heavy pan and reduce the liquid to a quarter of its original volume.

When the liquid has reduced sufficiently add the cream and simmer very gently until it thickens to form a sauce.

Then add back to the sauce the clams and vegetables after first removing the garlic pieces and thyme to finish the casserole.

Meanwhile chop the chives very finely with a sharp knife and cut the lemon in half ready for juicing.

Cooking the cod

Put a non-stick coated frying pan on a medium heat and let the pan reach full temperature.

Add the rest of the pomace oil to the hot pan and then take the cod fillet pieces and place skin side down in the pan.

There is no need to season the fish with salt but add pepper if you like.

When the flesh begins to cook and the skin starts to brown, place the pan in a pre heated oven at 180 degrees centigrade for approximately 4 minutes until firm. Then remove from the oven.

Add the unsalted butter and squeeze lemon juice on the fish. Baste with a spoon to glaze.

Plating up

Finally, take the clam casserole and add the chives at the last minute so they retain their fresh taste and colour, then divide the casserole between four bowls and put the cod pieces on top, skin side up.

Serve with some extra lemon and crusty bread. Enjoy!