

Atlantic Cod with Spanish Tortilla and Squid Ink Sauce



CANADIAN AQUACULTURE
INDUSTRY ALLIANCE

ALLIANCE DE L'INDUSTRIE
CANADIENNE DE L'AQUICULTURE

Species

Atlantic cod

Supplier

True North Salmon Company,
a division of Cooke
Aquaculture, NB, NS & NL

Pairing

Devil's Pale Ale

Ingredients

Cod fillet
Yukon Gold potato (large)
½ cup Olive oil
6 Eggs
½ cup double cream
Shallot 1 large
Garlic 1 clove
Black peppercorn 10
Bay leaf 1
Smoked paprika 1 tsp.
White wine vinegar ¼ cup
White wine ¼ cup
Fish stock 1 cup
Double cream ¼ cup
Squid ink 1 tbsp.

Method

1. Peel the potato and poach in the olive oil until tender.
2. Drain, reserving the oil.
3. Beat the eggs with the cream, salt, and pepper, and half the reserved oil.
4. Pour over the potatoes in a cast iron skillet (8”).
5. Bake in a slow oven (275-300) until set.
6. Meanwhile, chop the shallot and garlic roughly.
7. Add to a sauce pot with peppercorns, bay leaf, smoked paprika, white wine vinegar, and white wine.
8. Reduce the liquid over high heat until there is almost nothing left.
9. Add the fish stock and reduce by half.
10. Whisk in the double cream and squid ink.
11. Bring to a boil and remove from the heat.
12. Strain through a fine sieve.
13. Season to taste.
14. Turn out tortilla onto a plate and cut into wedges.
15. Season the cod fillets.
16. Cook skin side down in the cast iron skillet in a hot oven.

A collaboration between the Canadian Aquaculture Industry Alliance, Starfish Oyster Bed & Grill and Great Lakes Brewing in September 2009, the Farmed Seafood Extravaganza was a delicious way to showcase the quality, freshness and diversity of seafood farmed in Canadian waters. This gastronomic feast wouldn't have been possible without the support of dedicated growers and regional aquaculture associations across the country.