



COD FILLET IN TOMATO AND CAPER SAUCE



QimiQ BENEFITS

- Quick and easy preparation
- Smooth and creamy consistency in seconds



15



easy

INGREDIENTS FOR 4 PORTIONS

800 g Cod fillet

Lemon juice

Herb salt

1 tbsp Olive oil, to fry

FOR THE SAUCE

3 tbsp Tomato paste

200 ml Clear vegetable stock

20 g Capers, finely chopped

1 Garlic clove(s), finely chopped

Oregano

Basil

Salt and pepper

Lemon juice, to taste

500 g Tomato(es), peeled

250 g QimiQ Cream Base, chilled

METHOD

1. Season the cod fillets with lemon juice and herb salt and allow to draw.
2. For the sauce, sauté the tomato paste without oil. Douse with the stock. Add the capers, garlic, oregano, basil, salt, pepper and lemon juice and cook for a further 5 minutes. Stir in the QimiQ Sauce Base and continue to cook until the required consistency has been achieved.
3. Add the diced tomato and bring back to the boil.
4. Drain the cod fillets, pat dry with a paper towel and flash fry on both sides in hot oil.