



## Culinary Masterclass

### Grand Hyatt Singapore

Presented by:

**Kevin Thornton**  
Thornton's Restaurant, Ireland

## Norwegian Cod Fillet with US Potato Rings, Prawn Bisque and Sabayon



World Gourmet Summit 2005

Serves 4

### INGREDIENTS

4 x 120g Norwegian cod fillets  
Sea salt and freshly ground white pepper, to taste  
1 whole egg, lightly beaten

### US Potato Rings

4 US potatoes, peeled and sliced with a mandolin  
30g clarified butter  
10g potato starch  
20ml olive oil  
2 lemons

### Sabayon

3 whole eggs  
30ml spring water  
20ml dry martini  
10ml truffle juice  
Sea salt and freshly ground white pepper, to taste

### Prawn Bisque

½ Olive oil, for sautéing  
1kg garlic bulb  
100g prawn shells  
30ml mirepoix  
10g brandy  
2 whole white peppercorns  
1 bay leaves  
200ml small bunch of thyme  
1 ltr dry white wine  
100g fish stock  
½ ltr dried scallop coral  
fresh cream  
Sea salt and freshly ground white pepper, to taste  
20g unsalted butter

### Garnish

6 baby artichokes, cleaned and blanched  
Sea salt and freshly ground white pepper, to taste  
A drizzle of olive oil  
Plum tomato confit  
Sautéed samphire

### Method:

1. **For the Norwegian Cod Fillet:** Brush a baking tray with butter. Cut 4 pieces of parchment paper to the same size as the cod fillets. Brush the paper with butter. Season the cod with salt and pepper, then place on the parchment paper and brush the cod with egg wash. Set aside.

2. **For the US Potato Rings:** Use a ring cutter to cut the thin potato slices into discs. Rinse the potatoes and then cook in a pot of boiling water for about 1 minute. Drain the potatoes and refresh them under running cold tap water. Then pat dry the potatoes and coat them with a mixture of clarified butter and potato starch. Arrange the potatoes on the cod and place in a refrigerator to chill for a few hours. Remove and brush with more clarified butter.
3. Heat a copper frying pan with olive oil and carefully place the cod fillets into the pan with the potato-side down. Fry until the potato is golden-brown. Brush a heat-proof serving or casserole dish with butter, transfer the pan-fried cod into the dish and bake in an oven pre-heated to 170°C for about 2 minutes. Brush with remaining clarified butter and squeeze some lemon juice over the fish just before serving.
4. **For the Prawn Bisque:** Heat a pot with some olive oil and sauté the prawn shells for about 10 minutes, then add the mirepoix, peppercorns and herbs and mix well. Flambé with the brandy three times, then add the dry white wine and continue cooking until the liquid is reduced by at least  $\frac{3}{4}$  its original volume. Add the fish stock, bring to a boil, then lower the heat, cover and simmer the stock for at least 4 hours, occasionally skimming any impurities on the surface. Add the scallop coral then strain the bisque into a clean pot. Crush the cooked shells and strain their liquid into the rest of the bisque, then re-heat and add the fresh cream. Further reduce the bisque by  $\frac{3}{4}$  of its volume, then adjust the seasoning and monte with unsalted butter.
5. **For the Sabayon:** Whisk the eggs with the spring water, dry martini and truffle juice over a bain marie until light and fluffy. Season to taste with salt and pepper.

**To Serve:**

Cut the artichokes in half, season with salt and pepper and place on serving plates. Drizzle with olive oil and add the plum tomato confit and sautéed samphire. Spoon the prawn bisque around the plate and the sabayon in the centre. Top the sabayon with the Norwegian cod fillet and US potato rings and serve immediately.