

World Gourmet Summit 2003 Culinary Masterclasses

The Cuisine of
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My Humble House, Taipei, Taiwan

Pan-fried Cod with California raisins



Serves 1

Ingredients

- 150g cod fillet (without head and tail)
- 5g yellow and red capsicum (each), cut into diamond-shaped pieces
- 5g onion, cut into diamond-shaped pieces
- 5g California raisins, minced

Sauce :

- 150g red capsicum, onion and celery (each), cut into diamond-shaped pieces
- 35g butter
- 2 bay leaves
- 1 ltr water
- Pinch salt
- ¼ tsp sugar
- ½ tsp chicken essence powder

- 70g Butter, divided

Method

For the sauce: Add oil to a wok and once it is very hot, add in the red capsicum pieces. Fry over high heat until the capsicum skin shrivels up. Then soak the fried capsicum in ice water and remove the skin.

Pan-fry the skinned red capsicum with 35g butter over medium heat. Add the celery, onion, bay leaf and water. Season with salt, sugar and chicken essence powder and reduce the sauce by half. Strain the sauce and reserve the cooked red capsicum for pureeing. Once pureed, re-mix it with the sauce.

For the cod: Preheat a pan over medium heat, pan-fry the cod with the remaining butter until evenly brown and add a pinch of salt.

Serving

Pour sauce on the bottom of a plate, place the pan-fried cod in the center with the vegetables on the side. Sprinkle minced raisins over the top and serve.