

COD FILLET

with Basmati rice, carrots
 and cherry tomatoes

Ingredients	Cod fillet
700 g	Cod fillet
200 ml	Fish or vegetable stock
100 ml	Cream
40 g	GELEAcold

Ingredients	Basmati rice
500 g	Basmati rice
300 ml	Cold water
200 ml	Oil
40 g	GELEAcold
	Salt, nutmeg

Ingredients	Carrots
700 g	Carrots (frozen)
300 ml	Vegetable stock
40 g	GELEAcold
	Salt, sugar, nutmeg

Ingredients	Cherry tomatoes
1000 g	Strained tomatoes
40 g	GELEAcold
	Salt, pepper, sugar

Heating/serving:

Place the frozen food on a plate, cover and heat at 100°C in a steam oven for 12-15 min. Serve with a suitable sauce (e.g. tomato sauce).

Nutrition facts for one serving (approx. 250 g)

Energy/Calories	1314 kJ/ 313 kcal
Fat	16.9 g
Of which saturates	4.0 g
Carbohydrates	21.2 g
Of which sugars	8.4 g
Fibre	6.5 g
Protein	16.0 g
Salt	0.7 g

Cod fillet:

Blend the steamed/fried cod fillet, fish or vegetable stock, cream and seasonings to a very fine puree for 5 min then add the GELEAcold and stir in for 20 sec. For a more attractive appearance, sprinkle the silicone mould with a little ground black pepper before filling. Pipe the mass into a "Fish Fillet" silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

Basmati rice:

Boil the Basmati rice until soft, rinse under cold water then blend with the water, oil and seasonings to a very fine puree for 5 min. Add the GELEAcold and stir in for 20 sec. Pipe the mass into a "Peas" silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

Tip: Frozen, boiled rice is easier to process and produces an airier and creamier consistency!

Carrots:

Blend the carrots, stock and seasonings to a very fine puree for 5 min then add the GELEAcold and stir in for 20 sec. Pipe the mass into a "Baby Carrots" silicone mould with a disposable piping bag then freeze.

Cherry tomatoes:

Blend the tomatoes and seasonings to a very fine puree for 5 min then add the GELEAcold and stir in for 20 sec. Fill the mass into a semicircular silicone mould then freeze.

Alternatively: Fill the mass into a piping bag with a round nozzle and pipe small spheres onto a GN baking tray then freeze.

Kitchen tips:

The finer the puree, the better the result! We recommend the Robot-Coupe Blixer and a pureeing time of 5 min. Cover and heat in the microwave for max. 5 min (400W). Test heating behaviour beforehand!



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