

Slow cooked cod with caramilized cauliflower pureé,  
seaweed & mushroom broth, sugarkelp, cauliflower & kale salad  
Gísli Matt

Ingredients

<i>Slow cooked cod</i>	1 clove garlic crushed
1 kg cod fillet	100 gr sugarkelp chopped fine
40 gr salt	
20 gr sugar	
5 gr dried seaweed	
<i>Kelp and mushroom soup</i>	<i>Raw cauliflower salad with</i>
1 sugarkelp (fresh or dried)	<i>pickled sugarkelp and baked kale</i>
300 ml water	8 florets of cauliflower
25 gr dried mushrooms	100 gr kale
30 ml soy sauce or tamari	100 gr sugarkelp
2 garlic cloves	olive oil
	salt
<i>Brown butter</i>	<i>Caramilized cauliflower puree</i>
100 gr salted butter	200 g cauliflower
	2 shallot
	150 ml heavy cream
	50 g butter
<i>Pickled sugarkelp</i>	olive oil
50 ml apple cider vinegar	salt
40 gr brown sugar	apple cider vinegar
40 ml soy sauce or tamari	

Method

*Slow cooked cod*

Lightly season the cod with salt and dried seaweed. Portion the cod into portions. Season with ground seaweed, salt and sugar and let it stay in a cooler for at least one hour.

Rinse of the remaining salt and char with a blowtoarch. Place on a oven wrack and Slow cook the cod in the oven at 100c for about 30 minutes or until just cooked.

*Kelp and mushroom soup*

Add everything to a pot and let it simmer for two hours on low heat. Sieve to another potmand reduce by half.

*Brown butter*

Add salted butter into a pan and cook on medium heat until it starts to caramilize. Take off the heat to cool down. Mix the seaweed broth and butter right before serving.

*Pickled sugarkelp*

Add all ingredients except for sugarkelp in a pot and bring to boil. After it has been boiled, pour over the sugarkelp that has been chopped fine.

*Raw cauliflower salad with pickled sugarkelp and baked kale*

Slice the cauliflower florets with a mandoline. Remove the kale from the stems and bake it in the oven with olive oil and salt at 200°C for 10 minutes. Add the sugarkelp.

*Purè di cavolfiore caramellato*

Cook the cauliflower and shallot in a pan on medium heat stirring occassionally until it starts to caramilize. Pour the cream over smd reduce until a thick paste. Add to a blender with cold butter, salt and season with just a bit of apple cider vinegar.

