

# BOB'S RECIPES

## CÆSAR COD FILLET

by Bob the Chef



**PREPARATION TIME:** 20 minutes



**BAKE TIME:** 25 minutes



**SERVES:** 2



**FIND YOUR INGREDIENTS HERE:**

Cavallaro, Fruiterie 440, La Panetière,  
Odessa Poissonnier

### INGREDIENTS FOR CROUTONS

- 250 ml (1 cup) bread cubes (store-bought loaf, bakery bread or even bagels)
- 5 ml (1 tsp.) favorite spice blend (piri piri, fish spices, Montreal spices, etc.)
- 30 ml (2 tbsp.) olive oil

### INGREDIENTS FOR CÆSAR DRESSING

- 125 ml (½ cup) mayonnaise
- 30 ml (2 tbsp.) olive oil
- 1 garlic clove, degermed
- Juice from half a lemon (keep the skin for the fish)
- 2 anchovy fillets
- Pinch of salt (be careful not to overdo it, as the anchovies are already quite salty)
- Milled pepper, to taste
- 2 parsley stalks, chopped
- 85 ml (⅓ cup) Parmesan

### INGREDIENTS FOR COD

- 250 g cod, sliced in half
- Half lemon skin (drained)
- 4 slices bacon
- A large pinch of your favorite spice blend (same as for croutons)
- 15 ml (1 tbsp.) vegetable oil

### INGREDIENTS FOR PLATING

- 5 leaves romaine lettuce

### INSTRUCTIONS FOR CROUTONS

1. Place all the crouton ingredients in a bowl and toss until all the oil and spices have been absorbed by the bread cubes.
2. Lay on a cooking sheet face down and grill in preheated oven at 120° C (350° F) for about 12 minutes (or until the bread is golden brown and crispy).
3. Set aside.

### INSTRUCTIONS FOR CÆSAR DRESSING

1. Place all the dressing ingredients in a cylindrical bowl.
2. Use a hand mixer on high speed to blend everything, then set aside in the refrigerator.

### INSTRUCTIONS FOR COD

1. Rub the lemon rind on the pieces of cod (that'll give them a slight hint of lemon flavour instead of throwing away something that can still be useful).
2. Wrap a slice of bacon around each piece of cod, then sprinkle your favorite spice blend.
3. Over medium heat, splash some oil in a skillet, then quickly grill each piece of cod, about 1 minute per side.
4. Finish cooking by placing in an oven at 120° C (350° F) for 10 minutes

### INSTRUCTIONS FOR PLATING

1. In a bowl, toss half of the romaine lettuce with half of the dressing.
2. Place the resulting salad on 2 plates, then top with the cod fillets.
3. Add a dollop of dressing on each fillet, then cover with the croutons.



*Marché*  
LES HALLES  
D'ANJOU



7500, boul. les Galeries d'Anjou  
HALLESDANJOU.COM