

# Cod fritters, tomato and pepper rougail, chopped frisée salad

Recipe for 12 tapas

## Description

In this recipe we visit Guyana with cod fritters and Morris island for the Rougaille sauce. A slightly spicy dish that places cod as the star of the dish.

## Ingredients

### Cooking the cod

- 400 Gr Fresh cod fish
- 500 Ml Water
- 500 Ml Milk
- 1 Sprig(s) Thyme
- 2 Clove(s) Crushed garlic
  
- Salt and pepper

### Cod fritters

- 4 Unit(s) Egg
- 400 Gr Flour
- 400 Ml Milk
- 45 Gr Baking powder
- 3 Clove(s) Chopped garlic
- 0.25 Bunch(es) Chopped parsley
- 1 Unit(s) Onion
- 60 Gr Red pepper
- 1 Unit(s) Jalapeno pepper
- 10 Ml Sambal oelek
  
- Salt and pepper

### Rougaille sauce

- 3 Unit(s) Italian tomatoes
- 1 Unit(s) Red onion
- 2 Clove(s) Chopped garlic
- 2 Tbsp Red wine vinegar
- 1 Tsp Sugar
- 200 Ml Olive oil
- 2 Unit(s) Jalapeno pepper
- 1 Unit(s) Frisée salad
  
- Salt and pepper

## Preparation

- Preparation time **45 mins**
- Preheat your **Fryer** at **425 F°**

### Cod fritters

In a mixing bowl, combine the flour, baking powder, salt, eggs and milk. Mix until smooth.

Add the minced onion, minced garlic, chopped parsley, diced yellow pepper and jalapeno as well as the sambal oelek. Combine thoroughly. Add the cod and mix again. Set aside in the fridge for an hour before frying.

## Cooking the cod

Bring the thyme, milk, water and garlic to a boil. Add the cod and cook for 5 minutes or until cooked through. Remove the cod and set aside in the fridge.

## Preparation

Crush 2 cloves of garlic (for cooking the cod) and peel and mince 3 cloves of garlic for the fritters and 2 cloves for the sauce.

Clean and dry the parsley and then chop it.

Peel and mince the red onion.

Clean and remove the seeds from the red pepper and jalapeno. Cut them in small cubes.

Keep 2 jalapenos for the sauce.

Remove the seeds from the tomatoes and then cut the flesh into small cubes. Keep the seeds in the fridge.

## Rougaille sauce

For the sauce

In a food processor, combine the tomato seeds, vinegar, salt, pepper, sugar, garlic and peppers. Mix until you have a smooth liquid. Set aside in the fridge.

Combine the tomato cubes and minced onion with the liquid from the food processor.

Add the olive oil and season to taste.

For the salad

Roll the leaves and cut them as finely as possible. Set them aside in ice cold water.

Make sure to strain and dry them well before serving.

## Plating

Once the fryer is at the right temperature, drop small portions of the fritter mix into the oil with the help of 2 spoons. The cooking time is determined by the coloration of the fritters. Remove from the fryer and set aside on absorbent paper.

Make a nice nest of the chopped salad in the bottom of your serving dish and garnish with the Rougaille sauce. Top with the fritters.

**Bon appétit!**