

Fried bread (Bokit) stuffed with cod flakes, lime mayonnaise, fresh chives |

Recipe for 4 servings

Description

Fried bread from Guadeloupe.

Note

Make sure you get your butter out early enough, it needs to be a soft dough-like consistency.

It is also possible to simply buy burger buns, this will save you a lot of time.

Ingredients

Bokit bread

- 170 Gr Flour
- 4 Gr Dry yeast
- 100 Ml Warm water
- 1 Pinch(es) Sugar
- 4 Gr Salt
- 20 Gr Butter
- Salt and pepper

Garnish and codfish

- 250 Gr Fresh cod fish
- 450 Ml Fish stock
- 1 Unit(s) Italian tomatoes
- 4 Leaf(ves) Boston lettuce
- Salt and pepper

Mayonnaise

- 1 Tbsp Dijon mustard
- 1 Unit(s) Eggs yolk
- 125 Ml Canola oil
- 1 Unit(s) Lime
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **deep fryer** at **375 F°**
- Resting time **30 mins**

Préparations

Remove the zest and juice from the lime.

Cut the Italian tomatoes into slices.

Remove the leaves from the lettuce and wash them if necessary.

Remove the skin from the cod if necessary, cut it into cubes (1 cm).

Prepare the fish stock and keep it warm.

Bokit bread

In a cup, mix the yeast with the warm water and a pinch of sugar, this will activate the yeast.

Pour this mixture into a bowl, add the flour, salt and soft butter on top.

Knead the mixture with a wooden spatula or by hand. You can also use an electric mixer.

Your dough must have a homogeneous consistency with a certain flexibility. Accentuate the kneading with the palm of your hands, this will allow the gluten to develop and offer an elasticity to the dough. This operation is more easily done directly on the table.

Then place your dough ball in the original bowl, cover it with a clean cloth, let the dough rest 30 to 45 minutes at room temperature.

Divisions, weighing, shaping

Take the dough in the bowl, break it into pieces of 60 to 65 gr. Knead the pieces of dough to form nice balls.

Put them on a plate with parchment paper, put a cloth over them, let them grow slightly for 10 minutes.

Baking

Carefully place the bread balls in the deep fryer, make sure they are well colored all around.

Remove them, and put them on an absorbent paper. Once cooled, stuff them with the cod mixture.

Mayonnaise

In a bowl, place egg yolk, mustard, salt and pepper. Mix the ingredients with a whisk and let stand for 1 minute on the counter.

Then, without stopping to whisk, gradually pour a trickle of oil into the bowl. Do not stop whisking until you obtain a firm mayonnaise.

Add lime juice and zest and adjust seasoning as needed.

Keep the sauce refrigerated until ready to serve.

Codfish

Cooking the cod

Dip your cod cubes into the simmering fish stock for about 5 to 8 minutes.

The cod flakes should fall apart under your fingers when you apply gentle pressure. This will ensure proper cooking.

Remove the cod cubes to a cloth, let them cool, then break up the cod flakes between your fingers.

Finish

In a bowl, mix the cod flakes and lime mayonnaise, seasoning with salt and pepper as needed.

Open the buns on the side (like a burger) without removing the cap completely.

Place a lettuce leaf and two tomato slices on top.

Top the buns with the mayonnaise and cod mixture.

Now all you have to do is serve.

Bon appétit!