



Pan Roasted Blue Cod (Pollock)



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 Catalyst
Restaurant

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chef

ingredients

how-to



William Kovel's inspiration for this dish came from childhood memories of Rhode Island, he lovingly refers to this dish as "the sea in a bowl". Catalyst Restaurant sources underutilized species such as pollock. They use "blue cod" which is a trade name for pollock because this species has a robust population. You can enjoy dishes like this "blue cod" served both on their lunch and dinner menus!

Pan Roasted Blue Cod (Pollock)

Pan Roasted seafood Ingredients:	1 large celery stalks 1 onion 1 quart heavy whipping cream ½ cup chopped bacon 5 cups fresh fish stock 10 shucked mussels 10 shucked little neck clams	Smashed Potatoes Ingredients: 2 Yukon potatoes ½ cup olive oil ½ cup sour cream salt to taste Garnish: chopped chives
2 (6) ounce portions of Pollock (Blue Cod)		
4 tablespoons of canola oil		
Herb Chowder Nage Ingredients:		
2 Yukon potatoes		

1. Bring two pots of water to a boil, season with ¼ cup of salt in a pot. In another pot, reduce fish stock and heavy cream until you have ¼ the original amount, then reserve.
2. Cut two potatoes and celery into a very small dice (brunoise). Boil the diced products for approximately 3 minutes, or potatoes are tender and spread on a cookie sheet to cool.
3. Place the remaining two potatoes in the other pot of boiling water and cook for 15-20min until the potatoes are fork tender.
4. Crush the potatoes with a fork/potato masher and mix with olive oil, sour cream, and salt until desired flavor is achieved. Potatoes should be the texture of mashed potatoes. Reserve the potatoes in a casserole dish and wrap with aluminum foil.
5. Place a medium sized sauté pan (preferably nonstick/oven safe) over high heat on the stove. Drizzle in canola oil, when it begins to lightly smoke, add fish to the presentation side down. Be careful not to splash yourself with hot oil.
6. Sear fish on high for approximately two minutes until a golden-brown crust is achieved, then place in a 350° oven until the fish is cooked throughout.
7. While the fish is in the oven reheat the reduced cream/stock mixture and add the celery, diced potatoes, bacon, and shellfish. Simmer for approximately two minutes until the shellfish is cooked and warm throughout.
8. Serve in a bowl, smashed potatoes on the bottom, chowder sauce around the potatoes, with the seared cod on top. Garnish with finely cut chives.