

# AN ACT OF COD

Marinated Codfish with Citrus and Honey Reduction

## SCAN TO WATCH



Scan the QR code to see Chef Greg Delbost prepare this dish.

Dear reader, your complaints began as a trickle – this or that ingredient was too hard to find, you said. From there it became a chorus: ‘We don’t own ovens!’ ‘This recipe takes too long!’ ‘What’s the difference between a boil and a simmer?’ Alright, alright. We get it. This month we’ve turned to one of Shenzhen’s finest chefs and asked him to keep it simple – very simple. Some quality cod, basic spices and about 15 minutes of your time and this fish is good to go. Happy? Now get cooking.

## Ingredients:

### The fish

200g piece of codfish

### The marinade and reduction

1 orange

1 lemon

1 tablespoon of honey

Salt

Pepper

Cayenne pepper powder

1 teaspoon of five-spices mix

Olive oil

### Side dish

Your choice of salad

## Method:

1. Squeeze the lemon and orange and mix the juices.
2. Add honey, the spice mix and salt

and pepper to the juice to create the marinade.

3. Marinate the codfish in the mix for up to 10 minutes.

4. Panfry the fish in olive oil at low heat, switching sides when the honey caramelizes and changes color. Check firmness with needle or knife and add olive oil as needed.

5. While frying the fish, use the stove to reduce the marinade to a syrup.

6. Plate the fish with your choice of salad and drizzle the reduction over the dish before serving.

This recipe is courtesy of Chef Greg Delbost at Taste Moment, 1/F, Bldg 1, Block A, 1979 Culture and Creativity Park, 1011 Qiaoxiang Lu, Futian District, Shenzhen 深圳市福田区侨香路1011号1979文化创意园A区1栋1层 (0755 8255 6173)