



# Blue cod, sweet corn, broad beans curried broth

By Michael Meredith

### 30 minutes

Preparation time

# 45 minutes

Cooking time

### 4 serves

Serves

# **INGREDIENTS**

4 Blue Cod fillets, boned and skin removed 300g fresh broad bean kernels 200g fresh baby corn cut in half, lengthways

### **Curried broth**

50g butter

30ml neutral cooking oil

1 litre chicken stock

2 shallots, chopped

3 garlic cloves, chopped

½ green chilli

1 tbsp ground coriander

1 tbsp ground cumin

1 tsp asafoetida

15g fresh turmeric, peeled and thinly

sliced

4 ripe medium tomatoes, cut into

quarters

2 tbsp tamarind paste (choose a

sweet tasting brand)

1 tbsp palm sugar

2 tbsp mustard seeds

2 tbsp lime juice

½ cup fresh coriander leaves,

chopped

½ cup fresh curry leaves

120g of spinach leaves, stalks

removed and torn into large strips

Salt to taste

## **METHOD**

### **Curried broth**

- 1. Place a large saucepan on medium-high heat, induction setting 7. Add butter, oil, shallots, garlic and chilli and sweat for 3-4 minutes, or until fragrant.
- 2. Add the ground spices, fresh turmeric and tomatoes and cook, stirring for another 3 minutes.
- 3. Add tamarind paste, palm sugar and stock and bring to boil on high heat, induction setting 9 then reduce induction setting to 6 and simmer for 30 minutes.
- 4. Strain through a sieve into another saucepan and set induction to the Keep Warm setting.
- 5. Steam broad beans and corn in a perforated steam container at 100°C for 2 minutes, then quickly shell the broad beans and add to the broth.
- 6. In a sauté pan set on medium-high heat, induction setting 7, toast the mustard seeds until they start to pop and add to the broth with the curry leaves.

### Blue cod

- 1. Season fish lightly with salt and place in an unperforated steam container lined with baking paper.
- 2. Place in the steam oven and Steam at 85°C for 8-10 minutes, depending on thickness.

### To serve

- 1. Bring broth to a quick boil on high heat, induction setting 9. Remove from heat as soon as it boils and add coriander leaves, spinach and lime juice and season with salt.
- 2. Place fish into serving bowl and spoon broth and vegetables on top.