

Tomcod cheese-topped dish

Ingredients

75 ml white wine,
125 ml water,
1 kg tomcod,
50 ml chopped green onions,
45 ml butter,
45 ml hot milk,
Grated cheese,
Salt and pepper to taste.

Preparation

Mix wine and water in a saucepan and add salt and pepper. Add tomcods and poach for a few minutes. Remove fish and carefully remove the flesh. Pour some lemon juice on it. For the sauce, lightly cook chopped green onions in butter. Sprinkle with flour, season and set aside to cool. Incorporate boiling milk and stir well; add fish sauce and cook for 20 minutes. Remove from heat and add pieces of tomcod. Separate into in small individual oven plates. Sprinkle with grated cheese and cook au gratin in an oven preheated at 450°F. A border of potatoes can be added on the side of the oven plate or completely cover the preparation.

Tomcod with tomato sauce and vegetables (Four servings)

Ingredients

20 tomcod fillets
200 g fresh cooked pasta
4 sheets of grease-proof paper (10 inches)

Sauce

Olive oil
1 chopped garlic glove
1 minced green onion
4 chopped seedless peeled ripened tomatoes
1 small carrot cut in dices
2 branches of celery cut in small dices
1 green pepper in small dices
Salt, pepper, thyme, oregano, sage, at taste

Preparation

Heat oil, and then cook garlic and green onion. Add tomatoes and cook for two minutes. Add the other vegetables and seasoning. Simmer at low heat for 15 minutes. Add more seasoning.

Brush with oil grease-proof paper. Place 50 g of pasta on the center of each sheet and put 5 tomcod fillets on the pasta. Top with sauce. Fold paper in a shape of a wrapper and lay on a baking tray.

Cook in an oven preheated at 350 °F for 15 minutes.
Open wrapper with scissors, garnish to taste and serve.

Sweet and sour tomcod

(Six servings)

Ingredients

1kg tomcod
125 ml Soya sauce
15 ml peanut oil or vegetable oil
30 ml chopped pickled or fresh, ginger
75 ml or more of peanut or any other oil
1 minced garlic glove
125 ml bamboo shoots or white turnip cut into strips
6 mushrooms sliced
1 small carrot cut julienne style
60 ml fresh or frozen green peas
75 ml sugar
45 ml vinegar
15 ml corn starch
30 ml cold water

Preparation

Clean tomcod; wash with cold water and put in a soup plate. Mix Soya sauce, 1 tbsp of oil and ginger, and then pour on fish. Marinate for 30 minutes. Strain fish and sponge it, but keep marinade. Fry fish in 75 ml of oil for 6 minutes or until it is golden on both sides. When cooked, lay it in a serving dish. Put into the oven at 200°F (100°C). If needed, add a little bit of oil to the cooking sauce and add garlic, bamboo shoots, mushrooms, carrots and green peas. Add sugar, vinegar and fish marinade and bring to boil. Finally add corn starch thinned down in cold water. Cook and stir until the sauce thickens and seems translucent. Pour over fish and serve immediately.

The “bouillotte”

Here is a great recipe for those with a great appetite: the quantity depends on your appetite! Cut off the fish's head and tail, and open it to clean it. That's almost it.

Melt a small amount of butter or some margarine in a very thick fry-pan. You can also use some lard.

Put one layer of sliced potatoes, one layer of fish, and then a layer of onions. Repeat these layers, altering potatoes, fish and onions. On the top, add another piece of lard and season with salt and pepper. Add water: the potatoes must be completely submerged.

Simmer on stove for 3 hours. Some people prefer the oven: calculate an extra hour.

Fish eggs

Our grandmothers kept the fish eggs to cook a kind of golden omelette that tastes like caviar. For about half a pint of eggs, use 2 tbsp of flour and half to three quarters cup of milk.

Tomcod with sweet pepper and seasoned tomatoes

Ingredients

Olive oil
24 tomcod fillets
4 slices of eggplant (10 to 12 cm of diameter)
1 zucchini thinly sliced and blanched
1 heart of leek, cut julienne style

Ingredients (sauce)

4 chopped seedless peeled ripened tomatoes
1 chopped roasted peeled red pepper
1 bunch of mixed herbs (thyme, laurel, parsley)
15 ml chopped onion
10 ml chopped green onion
1 chopped garlic clove

Preparation

Cook green onion, onion and garlic in oil. Add tomato, pepper and bunch of mixed herbs. Bring to a boil and reduce heat. Simmer for twenty minutes. Put into a mixer bowl and blend until it has a smooth texture using 45 ml of olive oil. Add salt, pepper and if necessary, sugar to control acidity.

Sear eggplant on both sides in olive oil. Layer eggplant, then lay 3 tomcod fillets, and then 3 to 4 blanched slices of zucchinis and again 3 more slices of tomcod fillets. Season it. Put into the oven for 8 to 10 minutes at 440°F. Fry with a large fryer leek slices and save it.

Place the preparation in the center of a plate and pour some sauce all around it. Lay leek slices on top. Decorate with a bunch of mixed herbs and sprinkle with chopped chives. Serve with potatoes, rice or pasta.

Fried fish

It is very easy to cook fried fish. Roll fish in flour and simply put them in a fry-pan with some butter or some oil.