COD ROLL WITH DORATI TOMATOES



Menù Ingredients

100 g Dorati - TN1

100 g Pane grattugiato senza glutine - Q61

10 g Fiokki - Fiokki Potato Flakes - PC0

150 g Pesto di agrumi - Citrus Pesto - BO7

Ingredients

1 kg Cod

200 g mixed fish

to taste salt

Chef: Monica Copetti

Method

Serves 4

Blend 200 g of mixed fish and stir in the Fiokki instant mashed potatoes, salt and citrus fruit pesto. Place the cod fillets, rolled in breadcrumbs on just one side, on a sheet of cling film (for sous-vide cooking) or parchment paper (for traditional cooking), positioning them side by side so that there is no space between them. Spread the mixture over the fillets and position the Dorati tomatoes along the centre. Carefully roll and close the fillets, helping yourself with the cling film or parchment paper.

Tips

In the oven: 20 minutes at 180°C.

In the frying pan: 25 minutes on medium heat.

LOW-TEMPERATURE COOKING TECHNIQUE

Temperature: 70°C

Time: 1 hour

Before serving, regenerate for

5 minutes in the oven at 180°C.

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