COD ROLLS



Chef: Monica Copetti

Menù Ingredients

150 g Gransalsa di zucchine - Gransalsa sauce with zucchini - BZ1

15 g Capperini in olio extra vergine di oliva - Small Capers in Extra-virgin olive oil - XG7

30 g Fiokki - Fiokki Potato Flakes - PC0

to taste Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

to taste Peperoncini a goccia rossi dolci - Red sweet drop peppers - W61

Ingredients

to taste chives

to taste salt and pepper

1 courgette

4 small fish fillets, to taste

300 g fillets of mixed fish (perch, cod, salmon)

Method

Serves 4

Slice the courgettes thinly, lengthwise, and leave them to marinate a few minutes with oil and salt. Blend the mixed fish and add the Fiokki instant mashed potatoes, the Gransalsa courgette sauce, the capers and some salt and pepper. Place the filling on the fillets and roll them up, fastening them with the slices of marinated courgette. Tie the rolls with chives and garnish with red sweet drop peppers.

Tips

Place the rolls on an oven tray, with the closed side facing downwards, and drizzle with extra virgin olive oil. Bake in a fan oven for 20 minutes at 160°C.

LOW-TEMPERATURE COOKING TECHNIQUE

Temperature: 65°C
Time: 2 hours
Before serving, brown in the oven for 7/8 minutes at 180°C.

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