

CHBC Demo Recipes

Poached Ling Cod with Apricot Vinegar Butter Sauce

A

1 filet ling cod, cut into 4 pieces
1 tbsp white wine vinegar
1 tsp salt

B

1 bunch wild greens, washed
1 wedge watermelon, cut in slices
1 tbsp olive oil

C

½ cup red onions, diced
½ cup apricot vinegar
1 cup butter, cubed
Salt and pepper to taste

- A. In a medium pot of simmering water add vinegar, salt and ling cod. Cook till done (about 5 - 7 minutes).
- B. In the meantime, mix greens with olive oil and put on plate.
- C. Heat frying pan and sauté onions in a little olive oil for two minutes until translucent. Add salt and pepper to taste. Deglaze with apricot vinegar and reduce by 75%. Add cubed butter, stirring constantly. Remove from heat and stir till butter has melted to a velvety sauce. Place fish on top of greens, garnish plate with watermelon and drizzle butter sauce over it.



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