

Pan fried cod served with parsnip and apple purée | Serves 2

This is the month to begin making the most of the local waters around Guernsey which are brimming with seafood. If you don't want to buy cod, locally caught pollock is a great alternative. It has a slightly milder taste but is full of nutritious minerals and vitamins.

Ingredients

Cod

200g of cod fillet, skin on
Olive oil
1 knob of Guernsey butter
Salt and pepper

Parsnip and Apple Purée

4 (about 700g) parsnips, peeled, and coarsely chopped
1 potato, peeled, and coarsely chopped
1 eating apple (such as Granny Smith), peeled and coarsely chopped
20g butter, chopped
80ml (1/3 cup) Guernsey cream, warmed

Method

1. Lightly coat the base of a non-stick frying pan with olive oil then place the pan over a medium-high heat.
 2. When the pan is hot, season the cod with salt and place it in the pan skin-side down.
 3. Cook for 2-3 minutes until the skin is nicely golden and crisp, if you are cooking skinless cod, cook until the fish has turned a nice golden colour.
 4. Carefully turn the cod over and cook for a further 2-3 minutes, depending on the thickness of the fillet. The fish is cooked when the flesh becomes opaque.
1. Place the chopped parsnips, potato and apple in a saucepan and cover with cold water. Season and bring to the boil over a medium-high heat, simmer for 6 minutes until soft and drain.
 2. Place mixture and chopped butter in a large bowl or food processor and mash thoroughly.
 3. While mixing, pour in warmed cream until smooth and season with salt and pepper.
 4. Serve the fish on top of the purée with buttered new potatoes.



Prepared by
Elvis Bennett, Rockmount

Chef's tip

Most fish can be flaked and added to scrambled eggs, tossed into spicy rice dishes, or a paté by adding mayonnaise or cream cheese for a delicious dip.



March

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Handy tip

There is never a reason to throw cream or yogurt away – whip fresh cream and freeze in a plastic container (double cream freezes better than single). Freeze yogurts in their original plastic containers or in lolly moulds for a delicious frozen snack.