

Persian Lime-Poached Cod

Cod poached in an aromatic sauce that has notes of flavour from the dried Blackened Limes and the spices



Aromatic Mix:

- ☐ 3 cloves of Garlic
- ☐ 1 piece of Ginger, peeled and sliced (approx. 5 cm)
- ☐ Handful of fresh Coriander
- ☐ 1 Red Chilli, de-seeded
- ☐ 1 tsp of Turmeric
- ☐ 1/2 tsp Ground Black Pepper

Poached Cod Stew

- ☐ 2 Tbsp unsalted Butter
- ☐ 1 medium Onion, chopped
- ☐ 600ml Vegetable broth
- ☐ 1 diced tomato
- ☐ Lime juice (1 lime)
- ☐ 1 tbsp of crushed Downderry black Limes
- ☐ 800g Cod Fillets (or any hearty white fish)
- ☐ Small handful of fresh Coriander for garnish

Instructions

- * Using a food processor pulse together the garlic, fresh coriander, the chilli and mix in the turmeric and pepper to make the Aromatic mix
- * To make the sauce, heat the butter in a medium pan using a medium heat. Add the onions and cook till golden then add the aromatic mix and continue to cook until fragrant (@ 1 minute)
- * Add the vegetable broth and bring to the boil then add the tomato, lime juice and the Downderry Spice Blackened Lime. Simmer for @10 mins
- * Reduce the heat and then add the fish so that the fillets are just covered by the sauce. Cover the pan and continue to simmer till the fish is cooked

In this recipe the blackened limes will add a complex level of lime along with earthy/caramel notes to the sauce. Blackened limes can be added to soups, tacos, meat dishes even salads